

# CROCK COOKER (FALL)

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**Full Bloom 2021 eBook**

# **Saving Dinner with**



# **Crock Cooker Fall E-Book**

**Volume 1**

# Crock Cooker E-Book

## Fall - Volume 1

<b>Week 1</b>	<p><b>Day 1: Crock Beef and Vegetable Soup</b>, with a spinach salad and whole grain rolls</p> <p><b>Day 2: Crock Glazed Chicken</b>, with brown rice, steamed asparagus and baby carrots</p> <p><b>Day 3: Southwest Crock Pork Stew</b>, spread on warmed flour tortillas; top with some of the drained bell pepper and zucchini, add extra salsa, sour cream and chopped cilantro; and a big salad</p> <p><b>Day 4: Crock Rosemary Garlic Lentils with Turkey</b>, add a big spinach salad, a bowl of raw baby carrots and some whole grain rolls</p> <p><b>Day 5: Crock Potato and Corn Chowder</b>, with a bowl of broccoli slaw and a loaf of your favorite rye bread</p>
<b>Week 2</b>	<p><b>Day 1: Chicken with Peanut Sauce</b>, over brown rice with a large spinach and orange salad</p> <p><b>Day 2: Guylas Pot</b>, with a dollop of sour cream and a side of gingered carrots along with a loaf of rye bread</p> <p><b>Day 3: Cheesy Onion Soup</b>, with a big salad</p> <p><b>Day 4: BBQ Pork Sandwiches</b>, with oven fries and coleslaw</p> <p><b>Day 5: Lamb with Garlic Sauce</b>, add baked acorn squash and gingered pears</p>
<b>Week 3</b>	<p><b>Day 1: Spicy Chinese Chicken</b>, with sautéed bok choy, sliced onions and snow peas and brown rice</p> <p><b>Day 2: Beer Barrel Pot Roast</b>, with mashed potatoes, steamed broccoli and baked acorn squash</p> <p><b>Day 3: White Beans and Garlic</b>, with some cornbread and a big spinach salad</p> <p><b>Day 4: Slow Cooker Pork and Apples</b>, with steamed red potatoes, baby carrots and green beans</p> <p><b>Day 5: Salmon Parm Casserole</b>, with coleslaw and steamed broccoli</p>
<b>Week 4</b>	<p><b>Day 1: Cowboy Casserole</b>, and a big green salad</p> <p><b>Day 2: Yassa Chicken</b>, add brown rice and steamed broccoli</p> <p><b>Day 3: Rosemary Beans</b>, add grilled cheese sandwiches and a spinach salad</p> <p><b>Day 4: Ham with Raisins</b>, with steamed cauliflower and baked acorn squash drizzled with maple syrup</p> <p><b>Day 5: Corny Clam Chowder</b>, add whole grain rolls and a big green salad</p>
<b>Week 5</b>	<p><b>Day 1: Crock au Vin</b>, add steamed red potatoes tossed with butter and chopped parsley, petite green peas and a nice loaf of French bread</p> <p><b>Day 2: Here's the Beef Chili</b>, with corn bread and a large salad</p> <p><b>Day 3: Mac and Cheese Casserole</b>, with steamed broccoli and a relish tray of baby carrots, cherry tomatoes and celery sticks</p> <p><b>Day 4: Mexican Pot Roast</b>, with coleslaw and mini corn on the cob</p> <p><b>Day 5: Lamb with Mushroom Pilaf</b>, over mushroom/barley pilaf along with glazed baby carrots and a large spinach salad with, red apple, red onion and walnuts</p>
<b>Week 6</b>	<p><b>Day 1: Crock Southwestern Meatloaf</b>, with garlic mashed potatoes, steamed broccoli and baby carrots</p> <p><b>Day 2: Crock Philippino Chicken</b>, with brown rice and stir-fried zucchini, yellow squash and snow peas</p> <p><b>Day 3: Sweet Cajun Crock Stew</b>, serve in bowls with some corn muffins and a big salad</p> <p><b>Day 4: Cheesy Cauliflower Soup</b>, with a big spinach salad and warm crusty bread</p> <p><b>Day 5: Carolina Crock Pork</b>, pile shredded meat and juices on toasted whole wheat burger buns and serve with coleslaw; add some mini corn on the cob</p>

<b>Week 7</b>	<p><b>Day 1: Vegetarian Minestrone Soup</b>, add a big salad and a loaf of warm, crusty bread</p> <p><b>Day 2: Crock Moroccan Chicken and Veggies</b>, with a big spinach salad and whole wheat pita bread</p> <p><b>Day 3: Crock Beef and Bean Burritos</b>, add a big salad and mini corn on the cob</p> <p><b>Day 4: Crock Pork Provencal</b>, with steamed red potatoes, baby carrots and broccoli</p> <p><b>Day 5: Crock Cajun Turkey Stew</b>, add baked sweet potatoes, a big salad and corn muffins</p>
<b>Week 8</b>	<p><b>Day 1: Crock Chunky Tomato Soup</b>, add a big spinach salad and some crusty bread</p> <p><b>Day 2: Easy Crock Chicken</b>, with steamed green beans and a salad</p> <p><b>Day 3: Ribs with Horsey Sauce</b>, add steamed broccoli and corn on the cob</p> <p><b>Day 4: Mock Crock Paella</b>, with brown rice and salad</p> <p><b>Day 5: Pork Loin in Onion Sauce</b>, add steamed red potatoes and steamed asparagus</p>
<b>Week 9</b>	<p><b>Day 1: Thai Wingers</b>, add brown rice and stir-fried broccoli florets, zucchini, yellow squash and snow peas</p> <p><b>Day 2: Carry Me Away Pork</b>, with baked sweet potatoes, steamed green beans and whole grain rolls and butter</p> <p><b>Day 3: Sideways Beef</b>, add mashed russet potatoes and steamed broccoli</p> <p><b>Day 4: Crock Barbecue Tofu</b>, serve on lightly toasted whole wheat burger buns with a big bowl of coleslaw and a bowl of baby carrots</p> <p><b>Day 5: Texan Turkey Fajitas</b>, with brown rice, corn on the cob and a big salad</p>
<b>Week 10</b>	<p><b>Day 1: Crock Corny Spinach</b>, and a big salad</p> <p><b>Day 2: Sweet and Spicy Pork Chili</b>, serve in bowls, garnished with chopped cilantro and chopped green onions; add some corn muffins</p> <p><b>Day 3: Shrimp Chowder</b>, with a big spinach salad on the side; add some crusty bread</p> <p><b>Day 4: Beefy Black Eyed Peas</b>, serve over brown rice; add some coleslaw and a bowl of raw baby carrots</p> <p><b>Day 5: Orange Glazed Chicken Thighs</b>, with mashed russet potatoes topped with cooking juices and veggies; add steamed broccoli</p>
<b>Week 11</b>	<p><b>Day 1: Lemon Honey Chicken</b>, add steamed red skinned potatoes and steamed broccoli</p> <p><b>Day 2: Hearty Corn Chowder</b>, with a big spinach salad and some whole grain rolls</p> <p><b>Day 3: Crock Beef Ale</b>, add mashed russet potatoes and steamed kale</p> <p><b>Day 4: Crock Sausage Bean Soup</b>, with a big salad and some crusty bread</p> <p><b>Day 5: Polynesian Pork Chops</b>, add brown rice and steamed green beans</p>
<b>Week 12</b>	<p><b>Day 1: Chicken Crock-atore</b>, serve over spaghetti noodles. Top with grated Romano or Asiago cheese; add a Caesar salad and some whole grain rolls</p> <p><b>Day 2: Beef Bourguignon</b>, serve sauce over beef and vegetables with potatoes au gratin and French-cut green beans</p> <p><b>Day 3: Easy Veg Crock Tacos</b>, with re-fried beans and Spanish rice</p> <p><b>Day 4: Chinese Ribs</b>, over fried rice with sautéed snow peas</p> <p><b>Day 5: Shrimp Chowder</b>, spinach salad (or use mixed baby greens). Add some crusty bread</p>



# Crock Cooker E-Book Menu and Shopping List for Six

Fall

Volume 1 - Week 1

## MENU

**Day 1: Crock Beef and Vegetable Soup**, with a spinach salad and whole grain rolls

**Day 2: Crock Glazed Chicken**, with brown rice, steamed asparagus and baby carrots

**Day 3: Southwest Crock Pork Stew**, spread on warmed flour tortillas; top with some of the drained bell pepper and zucchini, add extra salsa, sour cream and chopped cilantro; and a big salad

**Day 4: Crock Rosemary Garlic Lentils with Turkey**, add a big spinach salad, a bowl of raw baby carrots and some whole grain rolls

**Day 5: Crock Potato and Corn Chowder**, with a bowl of broccoli slaw and a loaf of your favorite rye bread

## SHOPPING LIST:

### MEAT

2 1/2 pounds lean beef stew meat [D1]

6 boneless skinless chicken breast halves [D2]

1 1/2 pounds pork loin roast, cut into 2-inch cubes [D3]

2 turkey ham, chopped [D4]

6 slices bacon [D5]

### CONDIMENTS

Olive oil [D1]

Vegetable oil [D3]

Salsa (your favorite) [D3] \*\*Additional (1 meal) [D3]

Worcestershire sauce [D5]

\*\*Salad dressing(s) (your favorite) [D3]

### PRODUCE

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

Garlic (2 cloves) [D4]

Green bell pepper (1 medium) [D1]

Red bell pepper (1 large) [D3]

Green beans (1 1/2 cups, cut) [D1]

Carrots (4 medium plus 1 cup, diced) [D1] [D4]

Zucchini (2 medium) [D3]

Russet potatoes (6) [D5]

\*\*Spinach (2 meals) [D1] [D4]

\*\*Asparagus (1 meal) [D2]

\*\*Baby carrots (2 meals) [D2] [D4]

\*\*Cilantro (1 meal) [D3]

\*\*Broccoli slaw (1 meal) [D5]

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

\*\*Salad veggies (your choice) [D3]

## CANNED GOODS

2 (14.5-oz.) cans beef broth [D1] [D3]

2 (14.5-oz.) cans low sodium chicken broth [D4]

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

1 (8-oz.) can tomato sauce [D1]

1 (15.4-oz.) can whole kernel corn [D5]

1 (14.75-oz.) can creamed corn [D5]

## SPICES

Thyme [D1]

Marjoram [D2]

Nutmeg [D2]

Garlic powder [D2]

Cumin [D3]

Rosemary [D4]

Sage [D4]

Bay leaves [D4]

## DAIRY/DAIRY CASE

Milk (1 1/2 cups) [D5]

\*\*Sour cream (1 meal) [D3]

## DRY GOODS

Cornstarch [D2] [D3]

1 pound lentils [D4]

\*\*Brown rice (1 meal) [D2]

## FREEZER

1 (6-oz.) can orange juice concentrate (NOT REGULAR OJ) [D2]

## BAKERY

\*\*Whole grain rolls (2 meals) [D1] [D4]

\*\*Flour tortillas (whole wheat, if available) (1 meal) [D3]

\*\*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.





## Crock Beef and Vegetable Soup

Day 1 – Serves 10 (Freeze leftovers for a yummy quick fix on a busy night)

### INGREDIENTS:

2 1/2 pounds lean beef stew meat	4 medium carrots, sliced
2 tablespoons olive oil	1 1/2 cups water
3/4 cup chopped green bell pepper, seeded and deribbed	Salt and pepper to taste
	1 teaspoon thyme
1 1/2 cups fresh green beans, cut into 1-inch pieces	2 (14.5-oz.) cans beef broth
1 cup chopped onion	2 (14.5-oz.) cans diced tomatoes with garlic, undrained
	1 (8-oz.) can tomato sauce

**COOKING INSTRUCTIONS:** In a skillet, heat olive oil and brown beef; salt and pepper to taste. Add water and scrape up all the browned bits from the bottom of the skillet. Transfer this mixture to a large slow cooker; Add remaining ingredients. Cover and cook on low for 8 to 9 hours or on high for 4 to 5 hours, or until veggies are tender.

**NUTRITION per serving:** 284 Calories; 15g Fat; 36g Protein; 6g Carbohydrate; trace Dietary Fiber; 67mg Cholesterol; 819mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 1 Vegetable; 1 Fat. **Points:** 7

**SERVING SUGGESTION:** Serve with a spinach salad and whole grain rolls.

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## Crock Glazed Chicken

Day 2 – Serves 6

### INGREDIENTS:

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

**COOKING INSTRUCTIONS:** In a shallow bowl, combine thawed orange juice concentrate (NOT regular orange juice) along with the marjoram, garlic powder and nutmeg. Dip each piece of chicken into the orange juice concentrate mixture to coat completely. Place in a slow cooker; pour the remaining orange juice mixture over the chicken. Cover and cook on low for 7 to 9 hours or on high for 4 hours. When chicken is done, remove to a serving platter. Pour the sauce from the slow cooker into a saucepan. Mix the cornstarch and water and stir into the juice in the pan. Cook over medium heat, stirring constantly, until thick and bubbly. Serve the sauce over the chicken.

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

**SERVING SUGGESTION:** Brown rice, steamed asparagus and baby carrots.

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## Southwest Crock Pork Stew

Day 3 – Serves 6

### INGREDIENTS:

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, deribbed 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 the browned bits from the bottom of the skillet. Now add all of this to the slow cooker. Add raw zucchini as well. Cover slow cooker and cook on low for about 7 hours, or until pork is fork-tender (all slow cookers cook differently). About 30 minutes before serving, add cornstarch mixture to slow cooker stirring well. Allow to thicken. Serve.

**NUTRITION 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 SUGGESTION:** Shred meat with two forks and spread on warmed flour tortillas; top with some of the drained bell pepper and zucchini. Add extra salsa, sour cream and chopped cilantro, if you like. A nice big salad will round this out nicely.

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## Crock Rosemary Garlic Lentils with Turkey

Day 4 – Serves 6

### INGREDIENTS:

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 a 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 SUGGESTION:** A big spinach salad, a bowl of raw baby carrots and some whole grain rolls.

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# Crock Potato and Corn Chowder

Day 5 – Serves 6

## INGREDIENTS:

6 russet potatoes, peeled and cubed	3/4 cup chopped onion
1 (15.4-oz.) can whole kernel corn, undrained	6 slices bacon, cooked and crumbled
1 (14.75-oz.) can creamed corn	Salt and pepper to taste
1 1/2 cups milk	1/2 teaspoon Worcestershire sauce

**COOKING INSTRUCTIONS:** Mix all ingredients in a slow cooker. Cover and cook on low for 6 to 8 hours; serve.

**NUTRITION per serving:** 237 Calories; 6g Fat; 8g Protein; 42g Carbohydrate; 4g Dietary Fiber; 14mg Cholesterol; 494mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat; 0 Other. **Points:** 4

**SERVING SUGGESTION:** Serve with a bowl of broccoli slaw and a loaf of your favorite rye bread.

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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

Fall

Volume 1 - Week 2

## MENU

**Day 1: Chicken with Peanut Sauce**, over brown rice with a large spinach and orange salad

**Day 2: Guylas Pot**, with a dollop of sour cream and a side of gingered carrots along with a loaf of rye bread

**Day 3: Cheesy Onion Soup**, with a big salad

**Day 4: BBQ Pork Sandwiches**, with oven fries and coleslaw

**Day 5: Lamb with Garlic Sauce**, add baked acorn squash and gingered pears

## SHOPPING LIST:

### MEAT

1 (4 to 5 pound) chicken [D1]

1 1/2 pounds beef stew meat [D2]

3 pound boneless pork roast [D4]

2 pounds lamb shanks, cut about 2 inches long [D5]

### CONDIMENTS

Olive oil [D1] [D3]

Vegetable oil [D2]

Apple cider vinegar (if not using wine) [D3] [D4] [D5]

Worcestershire sauce [D4]

Tabasco [D4]

Liquid smoke [D4]

Ketchup [D4]

Peanut butter (chunky OR smooth) [D1]

Dry white wine (1 cup or use white grape juice with vinegar) [D3] [D5]

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

### PRODUCE

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

Red Onions (2) [D3]

Yellow Onions (2) [D3]

Garlic (2 heads) [D1] [D2] [D5]

Carrots (3 medium) [D1] \*\*Additional (1 meal) [D2]

Broccoli (1 head) [D1]

Green bell peppers (2 medium) [D2]

New potatoes (12) [D2]

\*\*Spinach (1 meal) [D1]

\*\*Oranges (1 meal) [D1]

\*\*Russet potatoes (1 meal) [D4]

\*\*Coleslaw mix (1 meal) [D4]

\*\*Acorn squash (1 meal) [D5]

\*\*Pears (1 meal) [D5]

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

\*\*Salad veggies (your choice) [D3]

## CANNED GOODS

1 (12-oz.) can tomato sauce [D1]

Low sodium beef broth (7 1/2 cups) [D2] [D3] [D5]

Tomato puree (1 cup) [D2]

White grape juice (if not using wine) [D3] [D5]

## SPICES

Curry powder [D1]

Cayenne pepper [D1]

Sweet paprika [D2] [D4]

Caraway seeds [D2]

Thyme [D3]

Rosemary [D5]

\*\*Ginger [D2] [D5]

## DAIRY/DAIRY CASE

Butter [D3]

Low fat plain yogurt (3/4 cup) [D1]

8 ounces Gruyere cheese [D3]

\*\*Sour cream (1 meal) [D2]

## DRY GOODS

Flour [D2]

Sugar [D3] [D4]

\*\*Brown rice (1 meal)

## BAKERY

French bread (6 slices) [D3]

Onion Rolls (6) [D4]

\*\*Rye bread (1 meal) [D2]

## 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.

## Chicken with Peanut Sauce

Day 1 – Serves 6

### INGREDIENTS:

3 tablespoons olive oil	1 (12-oz.) can tomato sauce
1 (4-5 pound) chicken, cut up	1 1/2 teaspoons curry powder
Salt and pepper to taste	1/3 teaspoon cayenne pepper
1 cup chopped onion	1 head broccoli florets, chopped
3 cloves garlic, pressed	3/4 cup low fat plain yogurt
3 medium carrots, cut into coins	3/4 cup peanut butter (chunky or smooth, your preference)

**COOKING INSTRUCTIONS:** In a large skillet, brown chicken in olive oil. Don't worry about cooking it through; you just want to brown the skin on the outside. Season with salt and pepper to taste. Remove chicken from skillet and add onion and garlic. Sauté for about a minute. Place onion and garlic in a slow cooker. Add carrots, tomato sauce, seasonings, and broccoli, and then add chicken. Cover and cook on low heat setting for about 6 hours. About ten minutes before you are ready to serve, combine yogurt and peanut butter, blending until smooth. Add mixture to slow cooker and stir. Cover and increase to high heat setting; cook for another 5 minutes or so, or until sauce is just heated through.

**NUTRITION per serving:** 510 Calories; 31g Fat; 40g Protein; 24g Carbohydrate; 7g Dietary Fiber; 83mg Cholesterol; 621mg Sodium. **Exchanges:** 1/2 Grain (Starch); 4 1/2 Lean Meat; 3 Vegetable; 0 Non-Fat Milk; 4 Fat. **Points:** 12

**SERVING SUGGESTION:** Serve over brown rice with a large spinach and orange salad on the side.

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

## Guylas Pot

Day 2 – Serves 6

### INGREDIENTS:

2 tablespoons vegetable oil	3 cloves garlic, pressed
1 1/2 pounds beef stew meat, cut in about 1-inch cubes	4 1/2 tablespoons sweet paprika
Salt and pepper to taste	1 1/2 teaspoons caraway seeds
1 1/2 cups chopped onion	12 new potatoes, washed and cut in half, unpeeled
1 1/2 cups chopped green bell pepper, seeded and deribbed	4 cups low sodium beef broth
1/3 cup flour	2 cups water
	1 cup tomato puree

**COOKING INSTRUCTIONS:** In a large skillet over medium heat, brown beef in oil. Don't worry about cooking it through, just brown it up nicely. Season with salt and pepper to taste. Remove beef and add onion and bell pepper to skillet. Sauté for a minute or so. Next, add flour, garlic, paprika and caraway seeds. Continue to cook till flour is incorporated and ingredients are heated through. Place potatoes in the bottom of a slow cooker. Add beef, then veggies. Pour beef broth, water and tomato puree over all. Cover and cook on low heat setting for about 6 to 8 hours.

**NUTRITION per serving:** 538 Calories; 16g Fat; 39g Protein; 62g Carbohydrate; 7g Dietary Fiber; 62mg Cholesterol; 281mg Sodium. **Exchanges:** 3 Grain (Starch); 4 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fat. **Points:** 11

**SERVING SUGGESTION:** Serve topped with a dollop of sour cream and a side of gingered carrots along with a loaf of rye bread.

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## Cheesy Onion Soup

Day 3 – Serves 6

### INGREDIENTS:

4 tablespoons butter	1/2 cup dry white wine (or use white grape juice with a splash of vinegar)
2 red onions, thinly sliced	2 cups water
2 yellow onions, thinly sliced	1/2 teaspoon thyme
1 teaspoon sugar	6 slices French bread
Salt and pepper to taste	1/4 cup olive oil
3 cups low sodium beef broth, divided	8 ounces Gruyere cheese, grated

**COOKING INSTRUCTIONS:** In a large skillet over medium heat, melt butter. Lower heat, add onion slices, cover and let the onions sweat for about 10 minutes. Uncover, add sugar and salt and pepper to taste. Raise heat and brown onions. Place browned onions in a slow cooker. Add half of beef broth to the skillet and scrape up all the browned bits from the bottom of the skillet. Pour skillet beef broth along with remaining beef broth, wine, water and thyme into slow cooker. Cover and cook for about 6 hours on low heat setting. About 25 to 30 minutes before you are ready to serve, pre-heat oven to 400 degrees. Place bread slices on a cookie sheet, drizzle with olive oil and bake for about 15 minutes. Place one slice of baked bread in the bottom of each soup bowl. Sprinkle with cheese. Ladle soup over bread and let it sit for about 3 minutes before serving.

**NUTRITION per serving:** 447 Calories; 30g Fat; 20g Protein; 23g Carbohydrate; 2g Dietary Fiber; 62mg Cholesterol; 383mg Sodium. **Exchanges:** 1 Grain (Starch); 2 Lean Meat; 1 1/2 Vegetable; 5 Fat; 0 Other Carbohydrates. **Points:** 11

**SERVING SUGGESTION:** Serve with a big salad.

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**DO-AHEAD TIP:** Marinate tomorrow's pork overnight.

## BBQ Pork Sandwiches

Day 4 – Serves 6

### INGREDIENTS:

1/2 cup apple cider vinegar	1 teaspoon liquid smoke
1 cup chopped onion	1 tablespoon sugar
1 teaspoon Worcestershire sauce	1 teaspoon paprika
1 teaspoon Tabasco sauce (more or less to taste)	Salt and pepper to taste
3-pound boneless pork roast	2 tablespoons ketchup
	6 onion rolls

**COOKING INSTRUCTIONS:** Combine vinegar, onion, Worcestershire sauce and Tabasco sauce in a large zip-lock plastic bag. Add pork roast to bag, seal and mush around to coat roast. Refrigerate overnight. Pour roast and marinade into a slow cooker. Add liquid smoke. Mix together sugar, paprika, ketchup, and salt and pepper to taste; sprinkle on roast. Cover and cook on low heat setting for about 8 hours, or until pork is tender and falling apart. Shred pork in slow cooker and ladle meat onto buns. Enjoy!

**NUTRITION per serving:** 561 Calories; 24g Fat; 41g Protein; 44g Carbohydrate; 2g Dietary Fiber; 113mg Cholesterol; 556mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 5 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates. **Points:** 13

**SERVING SUGGESTION:** Serve with oven fries and coleslaw.

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# Lamb with Garlic Sauce

Day 5 – Serves 6

## INGREDIENTS:

2 pounds lamb shanks, cut about 2 inches long	1/2 cup dry white wine (or use white grape juice with vinegar)
1 large head garlic, cloves separated and peeled but not chopped or pressed	1/2 cup low sodium beef broth
Salt and pepper to taste	1 1/2 teaspoons rosemary

**COOKING INSTRUCTIONS:** Preheat oven broiler. Season lamb shanks with salt and pepper to taste. Broil for about 10 minutes, turning once to brown them. In the meantime, place garlic cloves in the bottom of a slow cooker. Place browned lamb shanks on top of garlic. Pour in wine and beef broth. Sprinkle with rosemary. Cover and cook on low heat setting for about 6 to 8 hours. Remove lamb shanks to a serving platter. Skim fat from slow cooker liquid. Carefully pour liquid into a saucepan. Smoosh down any garlic cloves into a paste. Stir and reduce liquid by about one-half over medium-high heat. Serve shanks with garlic sauce and enjoy!

**NUTRITION per serving:** 263 Calories; 16g Fat; 23g Protein; 1g Carbohydrate; trace Dietary Fiber; 81mg Cholesterol; 74mg Sodium. **Exchanges:** 0 Grain (Starch); 3 1/2 Lean Meat; 0 Vegetable; 1 Fat. **Points:** 7

**SERVING SUGGESTION:** Baked acorn squash and gingered pears.

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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

Fall

Volume 1 - Week 3

## MENU

**Day 1: Spicy Chinese Chicken**, with sautéed bok choy, sliced onions and snow peas and brown rice

**Day 2: Beer Barrel Pot Roast**, with mashed potatoes, steamed broccoli and baked acorn squash

**Day 3: White Beans and Garlic**, with some cornbread and a big spinach salad

**Day 4: Slow Cooker Pork and Apples**, with steamed red potatoes, baby carrots and green beans

**Day 5: Salmon Parm Casserole**, with coleslaw and steamed broccoli

## SHOPPING LIST:

### MEAT

6 boneless skinless chicken breast halves [D1]

3-pound chuck roast [D2]

3 1/2 pounds pork roast [D4]

Salmon (16 ounces) (if not using canned or frozen)

### CONDIMENTS

Olive oil [D3] [D4]

Vegetable oil [D2]

Apple cider vinegar [D2] [D5]

Low sodium soy sauce [D1]

Dijon mustard [D2]

Spicy brown mustard [D5]

Molasses [D1]

Sherry (2/3 cup) (if not using chicken broth or apple cider) [D1] [D4]

Apple brandy ( 2 tablespoons) (optional) [D4]

Dry white wine (1 cup) (or use white grape juice with vinegar) [D5]

\*\*Vinaigrette dressing [D3]

\*\*Barbecue sauce [D3]

\*\*Mayonnaise [D5]

\*\*Rice wine vinegar [D5]

### PRODUCE

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

Garlic (5 cloves) [D2] [D3]

Gingerroot (3 teaspoons, grated) [D1]

Carrots (3 medium) [D4]

Granny Smith apples (3) [D4] \*\*Additional (1 meal) [D3]

Green onions (3 plus 2 1/4 cups chopped) [D5]

Cauliflower florets (1 cup) [D5]

\*\*Bok Choy (1 meal) [D1]

\*\*Snow peas (1 meal) [D1]

\*\*Russet potatoes (1 meal) [D2]

\*\*Red potatoes (1 meal) [D4]

\*\*Broccoli (2 meals) [D2] [D5]

\*\*Acorn squash (1 meal) [D2]

\*\*Spinach (1 meal) [D3]

\*\*Baby carrots (1 meal) [D4]

\*\*Green beans (1 meal) [D4]

\*\*Red onion (1 meal) [D3]

\*\*Parsley (1 meal) [D4]

\*\*Coleslaw mix (1 meal) [D5]

## CANNED GOODS

1 (16-oz.) can salmon (if not using fresh or frozen) [D5]

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

Apple cider (1 1/4 cups plus 1/3 cup if not using sherry) [D4]

1 (14.5-oz.) can diced tomatoes [D5]

Low sodium chicken broth (3/4 cup plus 1/3 cup if not using sherry) [D1]

Low sodium beef broth (3/4 cup plus 1 cup if not using beer) [D2]

## SPICES

Lemon pepper [D1]

Fennel seed [D1] [D5]

Cinnamon sticks [D1]

Sage [D3]

Marjoram [D4]

Allspice [D4]

Rosemary [D4]

## DAIRY/DAIRY CASE

Butter [D2] [D4]

Milk (1 cup) [D5]

Parmesan cheese (1 cup, grated) [D5]

\*\*Blue cheese crumbles (1 meal) [D3]

## DRY GOODS

Cornstarch [D2]

Brown sugar [D1] [D2]

1 1/2 pounds white OR cannellini beans [D3]

Brown rice (2 cups) [D5] \*\*Additional (1 meal) [D1]

\*\*Pecans (1 meal) [D3]

## FREEZER

Salmon (16 ounces) (if not using fresh or canned) [D5]

## BAKERY

\*\*Corn bread (1 meal) [D3]

## OTHER

Beer (1 cup) (or use beef broth) [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.



## Spicy Chinese Chicken

Day 1 – Serves 6

### INGREDIENTS:

2 1/4 cups low sodium soy sauce	3 teaspoons fresh gingerroot, grated
3 tablespoons molasses	1 1/2 teaspoons lemon pepper
3/4 cup low sodium chicken broth	1/2 teaspoon fennel seed
1/3 cup sherry (or substitute additional chicken broth)	1 cinnamon stick
3 tablespoons brown sugar	6 boneless skinless chicken breast halves

**COOKING INSTRUCTIONS:** Combine all ingredients, except the chicken, in a slow cooker. Stir to blend well. Add chicken breasts to liquid in slow cooker. Cover and cook on low heat setting for about 6 hours.

**NUTRITION per serving:** 263 Calories; 2g Fat; 34g Protein; 24g Carbohydrate; 2g Dietary Fiber; 68mg Cholesterol; 833mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 2 Vegetable; 0 Fat; 1 Other Carbohydrates. **Points:** 5

**SERVING SUGGESTION:** Sauté together some bok choy, sliced onions and snow peas and serve with brown rice.

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## Beer Barrel Pot Roast

Day 2 – Serves 6

### INGREDIENTS:

3-pound chuck roast	3/4 cup low sodium beef broth
1 1/2 tablespoons vegetable oil	1 cup beer (or use additional beef broth)
Salt and pepper to taste	1 1/2 tablespoons brown sugar
3 tablespoons butter	1 1/2 tablespoons Dijon mustard
5 medium onions, sliced	1 1/2 tablespoons apple cider vinegar
3 cloves garlic, pressed	1 tablespoon cornstarch
	1 1/2 tablespoons water

**COOKING INSTRUCTIONS:** Brown beef in oil on all sides in a large skillet over medium-high heat. Season with salt and pepper to taste. Remove roast from skillet and place in slow cooker. Add butter to skillet and sauté onions till they are caramelized. Add garlic and cook another minute or so. Add beef broth, beer, brown sugar, mustard and vinegar. Stir to blend and then add to roast in slow cooker. Cover and cook on low heat setting for about 8 hours. Remove roast from slow cooker. Dissolve cornstarch in water and slowly add to juices in slow cooker. Stir till liquid thickens. Serve onion gravy over roast and enjoy.

**NUTRITION per serving:** 630 Calories; 45g Fat; 39g Protein; 14g Carbohydrate; 2g Dietary Fiber; 147mg Cholesterol; 230mg Sodium. **Exchanges:** 0 Grain (Starch); 5 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 5 1/2 Fat; 0 Other Carbohydrates. **Points:** 16

**SERVING SUGGESTION:** Serve with mashed potatoes, steamed broccoli and baked acorn squash.

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

## White Beans and Garlic

Day 3 – Serves 6

### INGREDIENTS:

1 1/2 pounds dried white OR cannellini beans	1/3 teaspoon dried sage
Water	Salt and pepper to taste
2 cloves garlic, pressed	1 1/2 tablespoons olive oil

**COOKING INSTRUCTIONS:** Place soaked beans in slow cooker. Cover with water so that you have at least an inch of water above the beans. Add garlic and sage. Cover and cook on low heat setting for about 7 hours. About 30 minutes before you are ready to serve, add salt - don't add it earlier or your beans will be tough. Ladle beans into bowls and drizzle with olive oil.

**NUTRITION per serving:** 189 Calories; 4g Fat; 11g Protein; 29g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. **Exchanges:** 2 Grain (Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat. **Points:** 3

**SERVING SUGGESTION:** Serve with some cornbread, a big spinach salad (I like thinly sliced red onion, pecans, apples and blue cheese crumbles with a vinaigrette dressing, all tossed together). You might want a bottle of your favorite barbecue sauce for the beans, too.

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## Slow Cooker Pork and Apples

Day 4 – Serves 6

### INGREDIENTS:

3 tablespoons olive oil	1 1/4 cups apple cider
3 1/2 pounds pork roast, cubed	1/3 cup sherry (or use additional apple cider)
Salt and pepper to taste	2 tablespoons apple brandy (optional)
2 1/4 cup chopped onions	3/4 teaspoon marjoram
3 medium carrots, sliced	1/3 teaspoon allspice
3 Granny Smith apples, cored and quartered	1/3 teaspoon rosemary

**COOKING INSTRUCTIONS:** In a large skillet, brown pork cubes in oil over medium heat. Don't worry about cooking all the way through - just light brown them on the outside. Season with salt and pepper to taste. Remove pork from skillet to slow cooker and add onions, carrots and apples to skillet and cook until onions are translucent and apples are tender. Remove from skillet to slow cooker. Add cider, sherry, brandy, marjoram, allspice and rosemary to skillet. Scrape skillet to bring up the browned bits from the bottom of the pan. Pour over pork in slow cooker. Cover and cook on low heat setting for about 7 hours.

**NUTRITION per serving:** 578 Calories; 32g Fat; 41g Protein; 25g Carbohydrate; 4g Dietary Fiber; 131mg Cholesterol; 136mg Sodium. **Exchanges:** 0 Grain (Starch); 5 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fruit; 3 Fat. **Points:** 13

**SERVING SUGGESTION:** Serve with steamed red potatoes tossed with butter and chopped parsley, and steamed baby carrots and green beans.

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# Salmon Parm Casserole

Day 5 – Serves 6

## INGREDIENTS:

2 cups brown rice	1 cup milk
1 (16 ounce) canned salmon, drained (or use equivalent fresh or frozen, cooked)	3 cups water
1 cup cauliflower florets	2 teaspoons fennel seed
1 cup Parmesan cheese, grated	1 teaspoon spicy brown mustard
1 cup dry white wine (or white grape juice with a splash of vinegar)	Salt and pepper to taste
	1 (14.5-oz.) can diced tomatoes, drained
	3 green onions, chopped

**COOKING INSTRUCTIONS:** Combine rice, salmon, cauliflower, cheese, wine, milk, water, fennel seed, mustard, salt and pepper to taste in slow cooker. Cover and cook on low heat setting for 8 hours. About 30 minutes before you are ready to serve, raise temperature to high and add tomatoes and green onions.

**NUTRITION per serving:** 392 Calories; 6g Fat; 22g Protein; 55g Carbohydrate; 3g Dietary Fiber; 45mg Cholesterol; 102mg Sodium. **Exchanges:** 3 Grain (Starch); 2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates. **Points:** 8

**SERVING SUGGESTION:** Serve with coleslaw and steamed broccoli.

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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

Fall

Volume 1 - Week 4

## MENU

**Day 1: Cowboy Casserole**, and a big green salad

**Day 2: Yassa Chicken**, add brown rice and steamed broccoli

**Day 3: Rosemary Beans**, add grilled cheese sandwiches and a spinach salad

**Day 4: Ham with Raisins**, with steamed cauliflower and baked acorn squash drizzled with maple syrup

**Day 5: Corny Clam Chowder**, add whole grain rolls and a big green salad

## SHOPPING LIST:

### MEAT

2 pounds extra-lean ground beef [D1]

6 boneless skinless chicken breast halves [D2]

2 1/2 pounds boneless smoked ham [D4]

### CONDIMENTS

Olive oil [D2]

Dijon mustard [D3]

Red wine vinegar [D4]

Orange marmalade (1/2 cup) [D3]

Port wine (2 cups) (if not using red grape juice) [D4]

Red grape juice (2 cups) (if not using port wine) [D4]

\*\*Maple syrup [D4]

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

### PRODUCE

Onions (8 large and 2 medium) [D1] [D2] [D3] [D5]

Garlic (8 cloves) [D1] [D2]

Lemons (1/3 cup juice) [D2]

Green bell pepper (1 large plus 1 medium) [D1] [D5]

Russet potatoes (5 medium) [D5]

Zucchini (3 medium) [D5]

Jalapeno pepper (1) [D5]

Tomatoes (2) [D5]

\*\*Broccoli (1 meal) [D2]

\*\*Spinach (1 meal)

\*\*Cauliflower (1 meal) [D4]

\*\*Acorn squash (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 enchilada sauce [D1]

1 (8-oz.) can tomato sauce [D1]

1 (6.5-oz.) can sliced black olives [D1]

Low sodium beef broth (1/3 cup)

Clam juice (3 cups) [D5]

2 (6.5-oz.) cans cooked clams, chopped [D5]

## SPICES

Chili powder [D1]

Oregano [D1]

Cumin [D1]

Cayenne pepper [D2]

Rosemary [D3]

Thyme [D5]

White pepper [D5]

## DAIRY/DAIRY CASE

Butter [D5]

Half and half (3 cups) U.K. Members: Half and half is half milk and half cream [D5]

Low fat Cheddar cheese (1 cup, shredded) [D1]

\*\*Additional (1 meal)

## DRY GOODS

Cornmeal mix (1 cup) [D1]

1 pound Great Northern beans [D3]

Cornstarch [D4]

Brown sugar [D3] [D4]

Raisins (1/2 cup) [D4]

\*\*Brown rice (1 meal) [D2]

## FREEZER

Whole kernel corn (2 cups) [D5]

## BAKERY

\*\*Bread-your choice (1 meal) [D3]

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

## OTHER

Gallon-size zip-lock plastic bags



## SHOPPING LIST LEGEND

\*\* = **Serving Suggestions**

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[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.

## Cowboy Casserole

Day 1 – Serves 6

### INGREDIENTS:

2 pounds extra-lean ground beef	2 tablespoons chili powder
1 cup chopped onion	Salt and pepper to taste
1 cup chopped green bell pepper, seeded and deribbed	1 teaspoon oregano
2 cloves garlic, pressed	1/2 teaspoons cumin
1 (10-oz.) can enchilada sauce	2 cups water
1 (8-oz.) can tomato sauce	1 cup cornmeal mix
1 (6.5-oz.) can sliced black olives, drained	1 cup low fat Cheddar cheese, shredded

**COOKING INSTRUCTIONS:** Cook ground beef together with onions, bell pepper and garlic. Drain off fat and place in slow cooker. In a mixing bowl, combine enchilada sauce, tomato sauce, olives, chili powder, salt, pepper, oregano and cumin. Pour over ground beef. Cover and cook on low heat setting for about 8 hours. 30 minutes before you are ready to serve, bring water to a boil. Add cornmeal mix and return to a boil. Lower heat to simmer and continue to stir for another minute or so. Drop cornmeal batter by the spoonful into the slow cooker. Raise slow cooker heat setting to high; cover and cook for another 15 or 20 minutes, or until corn dumplings are done. Sprinkle with cheese and serve.

**NUTRITION per serving:** 696 Calories; 41g Fat; 51g Protein; 31g Carbohydrate; 5g Dietary Fiber; 136mg Cholesterol; 1141mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 6 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 4 1/2 Fat. **Points:** 17

**SERVING SUGGESTION:** A big green salad.

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**DO-AHEAD TIP:** Marinate tomorrow's chicken overnight.

## Yassa Chicken

Day 2 – Serves 6

### INGREDIENTS:

7 large onions, thinly sliced	1 1/2 teaspoons salt
6 cloves garlic, pressed	1/2 teaspoon cayenne pepper
1/3 cup lemon juice	6 boneless skinless chicken breast halves
	3 tablespoons olive oil

**COOKING INSTRUCTIONS:** In a large zip-lock plastic bag, combine onions, garlic, lemon juice, salt and cayenne. Add chicken breasts and smoosh around to coat. Refrigerate overnight. Remove chicken from marinade to a large skillet. Pour marinade into a slow cooker. Add oil to skillet and brown chicken on both sides. Don't worry about cooking it through; you just want it nicely browned. Add chicken to slow cooker. Cover and cook on low heat setting for about 6 hours, or until chicken is done. Remove chicken to a serving platter. Pour marinade into a saucepan and bring to a boil. Stir and continue to boil until most of the liquid is evaporated. Top chicken with onions and serve.

**NUTRITION per serving:** 246 Calories; 8g Fat; 29g Protein; 13g Carbohydrate; 2g Dietary Fiber; 68mg Cholesterol; 614mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 2 Vegetable; 0 Fruit; 1 1/2 Fat. **Points:** 5

**SERVING SUGGESTION:** Brown rice and steamed broccoli.

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

## Rosemary Beans

Day 3 – Serves 6

### INGREDIENTS:

1 pound Great Northern beans, soaked  
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 beans and discard soaking water. Put beans into a slow cooker. Cover beans with water. Add onion, marmalade, brown sugar, mustard, rosemary, salt and pepper. Stir beans to blend ingredients. Cover and cook on low heat setting 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:** 6

**SERVING SUGGESTION:** Grilled cheese sandwiches and a spinach salad.

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## Ham with Raisins

Day 4 – Serves 6

### INGREDIENTS:

2 1/2 pounds boneless smoked ham  
2 cups port wine (or use red grape juice)  
1/3 cup low sodium beef broth  
1/3 cup water

1 tablespoon cornstarch  
2 tablespoons water  
1/2 cup raisins  
2 tablespoons brown sugar  
2 teaspoons red wine vinegar

**COOKING INSTRUCTIONS:** Take a knife or fork and poke ham all over. Don't try to butcher it, just gently pierce it. Pour port wine, beef broth and 1/3 cup water into a slow cooker. Stir to blend well. Add ham to slow cooker. Cover and cook on low heat setting for about 6 hours. About 15 minutes before you are ready to serve, mix together cornstarch and water in a small bowl until cornstarch is dissolved. Place raisins, brown sugar, and red wine vinegar in a saucepan. Bring to a low boil and simmer for about 5 minutes. Pour cornstarch mixture into raisin sauce and then simmer until sauce is thickened, about 5 minutes. Remove ham from slow cooker and serve with sauce.

**NUTRITION per serving:** 523 Calories; 20g Fat; 34g Protein; 29g Carbohydrate; trace Dietary Fiber; 108mg Cholesterol; 2500mg Sodium. **Exchanges:** 0 Grain (Starch); 5 Lean Meat; 1/2 Fruit; 1 Fat; 0 Other Carbohydrates. **Points:** 12

**SERVING SUGGESTION:** Steamed cauliflower and baked acorn squash drizzled with maple syrup.

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# Corny Clam Chowder

Day 5 – Serves 6

## INGREDIENTS:

5 medium russet potatoes, peeled and thickly sliced	3 cups bottled clam juice
2 cups frozen whole kernel corn	1 1/2 teaspoons thyme
3 medium zucchini, sliced	3 tablespoons butter
1 cup chopped green bell pepper, seeded and deribbed	Salt and white pepper to taste
3/4 cup chopped onion	3 cups half and half
1 jalapeno pepper, seeded and finely chopped	2 (6.5-oz.) cans cooked clams, chopped
	2 tomatoes, chopped

**COOKING INSTRUCTIONS:** Place vegetables in a slow cooker in the order listed. Add clam juice, butter, thyme and salt and pepper to taste. Cover and cook on low heat setting for 6 hours. About an hour before you are ready to serve, spoon about 1 cup of the cooked vegetables into a blender and process until smooth. Add pureed vegetables back to slow cooker. Raise temperature to high heat setting. Add half and half; cover and cook for another 50 minutes. After 50 minutes, add clams and tomatoes. Cover and cook for another 10 minutes, or until all is heated through.

**NUTRITION per serving:** 522 Calories; 22g Fat; 26g Protein; 59g Carbohydrate; 6g Dietary Fiber; 101mg Cholesterol; 629mg Sodium. **Exchanges:** 2 Grain (Starch); 2 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 4 Fat; 1 Other Carbohydrates. **Points:** 12

**SERVING SUGGESTION:** Whole grain rolls and a big green 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

Fall

Volume 1 - Week 5

## MENU

**Day 1: Crock au Vin**, add steamed red potatoes tossed with butter and chopped parsley, petite green peas and a nice loaf of French bread

**Day 2: Here's the Beef Chili**, with corn bread and a large salad

**Day 3: Mac and Cheese Casserole**, with steamed broccoli and a relish tray of baby carrots, cherry tomatoes and celery sticks

**Day 4: Mexican Pot Roast**, with coleslaw and mini corn on the cob

**Day 5: Lamb with Mushroom Pilaf**, over mushroom/barley pilaf along with glazed baby carrots and a large spinach salad with, red apple, red onion and walnuts

## SHOPPING LIST:

### MEAT

Bacon (6 slices) [D1]  
1 (4 1/2 to 5 pound) chicken, cut up [D1]  
4 pounds beef roast, trimmed [D2]  
5 pounds boneless pork roast [D4]  
3 pounds lamb shoulder [D5]

### CONDIMENTS

Olive oil [D3] [D4] [D5]  
Vegetable oil [D2]  
Red wine (3/4 cup) (or red grape juice with vinegar) [D1]  
  
Dry white wine (1/3 cup) (or use white grape juice with vinegar) [D5]  
Vinegar (if not using wines) [D1] [D5]  
\*\*Mayonnaise  
\*\*Salad dressing(s) (your choice) [D2]

### PRODUCE

Onions (5 pounds) [D1] [D2] [D3] [D4] [D5]  
Garlic (10 cloves) [D1] [D2] [D3] [D4]  
Mushrooms (2 pounds) [D1] [D5]  
Carrots (6 medium) [D1] [D4]  
Green bell peppers (3 medium) [D2]  
Jalapeno peppers (2-3) [D2]  
Parsley (3 tablespoons chopped) [D1] \*\*Additional [D1]  
\*\*Red potatoes (1 meal) [D1]  
\*\*Spinach (1 meal) [D5]  
\*\*Broccoli (1 meal) [D3]  
\*\*Baby carrots (2 meals) [D3] [D5]  
\*\*Cherry tomatoes (1 meal) [D3]  
\*\*Celery (1 meal) [D3]  
\*\*Coleslaw mix (1 meal) [D4]  
\*\*Red onion (1 meal) [D5]  
\*\*Red apple (1 meal) [D5]  
\*\*Lettuce for 1 salad (not Iceberg, no nutrition) [D2]  
\*\*Salad veggies (your choice) [D2]

## CANNED GOODS

Red grape juice (3/4 cup) (if not using red wine) [D1]  
White grape juice (1/3 cup) (if not using dry white wine) [D5]  
Low sodium chicken broth (2 cups) [D1] [D4]  
Low sodium beef broth (1 cup plus 1 1/2 cups if not using beer) [D2] [D5]  
2 (14.5-oz.) cans diced tomatoes [D3]  
1 (4.25-oz.) can diced green chilies [D4]

## SPICES

Rosemary [D1]  
Bay leaves [D1]  
Chili powder [D2]  
Oregano [D2] [D4]  
Cumin [D2] [D4]  
Italian seasoning [D3]  
Coriander [D4]  
Rosemary [D5]

## DAIRY/DAIRY CASE

Butter [D1] [D3]  
Milk (3/4 cup) [D3]  
Cheddar cheese (2 1/2 cups, shredded) [D3]

## DRY GOODS

Flour [D1]  
12 ounces macaroni [D3]  
Barley (3/4 cup) [D5]  
\*\*Walnuts (1 meal) [D5]

## FREEZER

15 ounces artichoke hearts [D1]  
\*\*Petite green peas (1 meal) [D1]  
\*\*Mini corn on the cob (1 meal) [D4]

## BAKERY

\*\*French bread (1 meal) [D1]  
\*\*Corn bread (1 meal) [D2]

## OTHER

Beer OR non-alcoholic beer OR beef broth (1 1/2 cups) [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.



## Crock au Vin

Day 1 – Serves 6

### INGREDIENTS:

6 slices bacon, cut into 1 inch pieces  
1 (4 1/2 to 5 pound) chicken, cut up  
Salt and pepper to taste  
1 pound fresh mushrooms, halved  
1 cup chopped onion  
3 medium carrots, chopped  
3 cloves garlic, pressed

3/4 cup red wine (or use red grape juice)  
3 tablespoons parsley, chopped  
3/4 teaspoon rosemary  
1 cup low sodium chicken broth  
1 bay leaf  
15 ounces frozen artichoke hearts, thawed  
3 tablespoons butter  
3 tablespoons flour

**COOKING INSTRUCTIONS:** Cook bacon in a large skillet; remove and set aside. Add chicken to the bacon fat in the skillet and brown on all sides. Don't worry about cooking it through - just brown it on all sides. Remove chicken from skillet. Drain off some of the grease in the bottom of the skillet, but not all. Season with salt and pepper to taste. Add mushrooms, onion, carrots and garlic to skillet and cook for 3 to 5 minutes, or until onions begin to soften and mushrooms begin to decrease in size. Add wine, parsley, rosemary and chicken broth to skillet. Let this simmer a bit while scraping up the browned bits from the bottom of the skillet. Pour vegetables and skillet liquid into slow cooker. Add bay leaf and bacon. Place chicken over top. Cover and cook on low heat setting for 6 to 7 hours. About 1 hour before you are ready to serve, crank the temperature up to high and add the artichoke hearts. Cover and cook through. About 10 minutes before you are ready to serve, melt butter in a saucepan; add Flour and whisk together until paste is smooth and lightly browned, but not burned. With a slotted spoon, remove chicken and veggies from slow cooker. Gradually pour liquid from slow cooker into saucepan, stirring to blend with flour paste. Bring to a low boil; cook for 3 to 5 minutes, or until slightly thickened. Serve this wine sauce over chicken.

**NUTRITION per serving:** 797 Calories; 52g Fat; 55g Protein; 19g Carbohydrate; 7g Dietary Fiber; 269mg Cholesterol; 520mg Sodium. **Exchanges:** 0 Grain (Starch); 7 Lean Meat; 3 Vegetable; 6 Fat. **Points:** 19

**SERVING SUGGESTION:** Steamed red potatoes tossed with butter and chopped parsley, petite green peas and a nice loaf of French bread.

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## Here's the Beef Chili

Day 2 – Serves 6

### INGREDIENTS:

1/4 cup vegetable oil, divided  
4 pounds beef roast, trimmed and cut into 1-inch pieces  
1 1/2 cup chopped onions  
2 1/4 cups chopped green bell peppers, seeded and deribbed  
2 or 3 jalapeno peppers, seeded and chopped

2 cloves garlic, pressed  
1/3 cup chili powder  
1 tablespoon oregano  
1 tablespoon cumin  
Salt and pepper to taste  
1 1/2 cups beer (or non alcoholic beer or beef broth)

**COOKING INSTRUCTIONS:** In a large skillet, brown beef in about 2 tablespoons of the oil. Don't worry about cooking it through - you just want it nicely browned. Remove from skillet and place in slow cooker. Sauté onions, bell pepper and jalapeno in remaining oil. Add chili powder, garlic, oregano, cumin, salt and pepper to taste and beer. Scrape up any browned bits from the bottom of skillet and pour liquid into slow cooker. Cover and cook on low heat setting for 7 to 8 hours. **LEANNE'S NOTE:** This is a Five Alarm Chili!!! Those faint of heart should feel free to adjust seasonings to their heat preference.

**NUTRITION per serving:** 581 Calories; 25g Fat; 69g Protein; 14g Carbohydrate; 5g Dietary Fiber; 176mg Cholesterol; 240mg Sodium. **Exchanges:** 1/2 Grain (Starch); 9 1/2 Lean Meat; 1 1/2 Vegetable; 2 Fat. **Points:** 13

**SERVING SUGGESTION:** Serve with corn bread and a large salad.

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**DO-AHEAD TIP:** Cook macaroni for tomorrow's meal. Drain, cool, cover and refrigerate overnight.

## Mac and Cheese Casserole

Day 3 – Serves 6

### INGREDIENTS:

2 tablespoons olive oil	1 1/2 teaspoons Italian seasoning
1 cup chopped onion	Salt and pepper to taste
2 cloves garlic, pressed	2 1/2 cups Cheddar cheese, shredded
4 1/2 tablespoons water	12 ounces macaroni noodles
2 (14.5-oz.) cans diced tomatoes, drained	3/4 cup milk
	3 tablespoons butter

**COOKING INSTRUCTIONS:** In a skillet, sauté onions and garlic in 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 heat setting for 7 to 8 hours. About 45 minutes before you are ready to serve, cook pasta (if you haven't already). Add pasta, cheese, milk and butter to slow cooker. Stir well. Cover, raise temperature 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 SUGGESTION:** Serve with steamed broccoli and a relish tray of baby carrots, cherry tomatoes and celery sticks.

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## Mexican Pot Roast

Day 4 – Serves 6

### INGREDIENTS:

1 1/2 tablespoons olive oil	3/4 teaspoon oregano
3 medium onions, sliced	3/4 teaspoon cumin
3 medium carrots, sliced	3/4 teaspoon ground coriander
1 (4.25 oz.) can green chilies, drained and chopped	5 pounds boneless pork roast
3 cloves garlic, pressed	1 cup low sodium chicken broth
Salt and pepper to taste	1/2 cup water

**COOKING INSTRUCTIONS:** In a large skillet over medium heat, sauté onion and carrots in oil until onion is softened. Add chilies and garlic and continue to sauté for another 2 to 3 minutes. Remove from skillet and place in slow cooker. Combine salt, pepper, oregano, cumin and coriander; rub into surface of pork roast. Place roast in slow cooker, then pour chicken broth and water around roast. Cover and cook on low heat setting for about 8 hours, or until pork is done.

**NUTRITION per serving:** 644 Calories; 39g Fat; 60g Protein; 11g Carbohydrate; 2g Dietary Fiber; 188mg Cholesterol; 271mg Sodium. **Exchanges:** 0 Grain (Starch); 8 1/2 Lean Meat; 2 Vegetable; 3 Fat. **Points:** 16

**SERVING SUGGESTION:** Serve with coleslaw and mini corn on the cob.

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# Lamb with Mushroom Pilaf

Day 5 – Serves 6

## INGREDIENTS:

3 tablespoons olive oil	1 pound mushrooms, sliced
3 pounds lamb shoulder, cut into 2-inch pieces	1 cup low sodium beef broth
Salt and pepper to taste	1/3 cup dry white wine (or use white grape juice)
1 cup chopped onion	1 1/2 teaspoons rosemary
	3/4 cup barley

**COOKING INSTRUCTIONS:** In a large skillet, brown lamb in oil; season with salt and pepper to taste. Don't worry about cooking it through-you just want it nicely browned on all sides. Remove from skillet and place in slow cooker. Add onion and mushrooms to skillet and sauté till onions are translucent and mushrooms have decreased in size and are nicely browned. Remove from skillet and place in slow cooker, on top of lamb. Add beef broth, wine and rosemary to skillet. Increase heat and scrape up the browned bits from the bottom of skillet. Pour liquid into slow cooker. Cover and cook on low heat setting for 6 to 7 hours, or until lamb is done. About an hour before you are ready to serve, prepare barley according to package directions. Remove lamb from slow cooker and mix barley with mushroom sauce. Fluff and serve.

**NUTRITION per serving:** 657 Calories; 46g Fat; 36g Protein; 22g Carbohydrate; 5g Dietary Fiber; 129mg Cholesterol; 123mg Sodium. **Exchanges:** 1 Grain (Starch); 4 1/2 Lean Meat; 1 Vegetable; 6 1/2 Fat. **Points:** 16

**SERVING SUGGESTION:** Serve lamb over mushroom/barley pilaf along with glazed baby carrots and a large spinach salad with, red apple, red onion and walnuts.

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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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- 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

Fall

Volume 1 - Week 6

## MENU

- Day 1: Crock Southwestern Meatloaf**, with garlic mashed potatoes, steamed broccoli and baby carrots
- Day 2: Crock Philippino Chicken**, with brown rice and stir-fried zucchini, yellow squash and snow peas
- Day 3: Sweet Cajun Crock Stew**, serve in bowls with some corn muffins and a big salad
- Day 4: Cheesy Cauliflower Soup**, with a big spinach salad and warm crusty bread
- Day 5: Carolina Crock Pork**, pile shredded meat and juices on toasted whole wheat burger buns and serve with coleslaw; add some mini corn on the cob

## SHOPPING LIST:

### MEAT

- 1 pound extra-lean ground beef [D1]
- 6 skinless chicken thighs [D2]
- 1 1/2 pounds top round steak [D3]
- 1 3/4 pounds pork shoulder roast [D5]

### CONDIMENTS

- Olive oil [D3,5]
- Cider vinegar [D5]
- Rice vinegar [D2,5]
- Low sodium soy sauce [D2]
- Worcestershire sauce [D5]
- Ketchup [D1]
- Picante sauce [D1]
- Honey [D2]
- \*\*Mayonnaise [D5]
- \*\*Salad dressing(s) (your choice) [D3,4]

### PRODUCE

- 3 pounds onions (keep on hand) [D3,4,5]
- Garlic (1 head plus 2 cloves) \*\*Additional (1 meal) [D2,5]
- Cilantro (1/4 cup minced) [D1]
- Sweet potatoes (2 medium) [D3]
- Green bell pepper (1 large) [D3]
- Celery (1 large and 1 medium stalk) [D3,4]
- Carrots (1 medium) [D4]
- \*\*Russet potatoes (1 meal) [D1]
- \*\*Broccoli (1 meal) [D1]
- \*\*Baby carrots (1 meal) [D1]
- \*\*Zucchini, yellow squash and snow peas (1 meal) [D2]
- \*\*Spinach (1 meal) [D4]
- \*\*Red onion (1 meal) [D4]
- \*\*Red apple (1 meal) [D4]
- \*\*Coleslaw mix (1 meal) [D5]
- \*\*Lettuce for 1 salad (not iceberg, no nutrition) [D3]
- \*\*Salad veggies (your choice) [D3,4]

## CANNED GOODS

- 1 (14.5-oz.) can low-sodium beef broth [D3]
- 2 (14.5-oz.) cans low-sodium chicken broth [D4]
- Diced tomatoes (3/4 cup, drained) [D3]
- Tomato paste (1/3 cup) [D5]

## SPICES

- Chili powder [D1]
- Cumin [D1]
- Bay leaves [D2]
- Cajun seasoning [D3]
- Thyme [D4]
- Dry mustard [D5]
- \*\*Garlic powder [D1]

## DAIRY/DAIRY CASE

- Eggs (1 large white) [D1]
- Milk (1 cup) [D4]
- Low-fat cheddar cheese OR Monterey Jack cheese (1 1/2 cups, shredded) [D4]
- \*\*Butter [D1,2,3,4,5]

## DRY GOODS

- Cornstarch [D3]
- Oats, regular [D1]
- \*\*Brown rice (1 meal) [D2]

## FREEZER

- Whole kernel corn (1 cup) [D1]
- 2 (8-oz.) packages cauliflower [D4]
- \*\*Mini corn on the cob (1 meal) [D5]

## BAKERY

- \*\*Corn muffins (1 meal) [D3]
- \*\*Crusty bread (1 meal) [D4]
- \*\*Whole wheat burger buns (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.

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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 Southwestern Meatloaf

Day 1 – Serves 6

### INGREDIENTS:

1 pound extra lean ground beef  
1 cup frozen, whole kernel corn  
1/2 cup picante sauce  
1/3 cup regular oats

1/4 cup fresh cilantro, minced  
1 tablespoon chili powder  
1 1/2 teaspoons ground cumin  
1 large egg white  
1/4 cup ketchup

**COOKING INSTRUCTIONS:** In a large bowl, combine first 8 ingredients; blend well and shape into a loaf that will fit in your slow cooker. In the bottom of a lightly greased slow cooker, place the meat; brush ketchup over the top. Cover and cook on low heat setting for 7 to 8 hours.

**NUTRITION per serving:** 260 Calories; 14g Fat; 18g Protein; 16g Carbohydrate; 2g Dietary Fiber; 52mg Cholesterol; 353mg Sodium. **Exchanges:** 1 Grain (Starch); 2 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates. **Points:** 6

**SERVING SUGGESTION:** Garlic mashed potatoes (just add a little garlic powder to regular mashed potatoes) and steamed broccoli and baby carrots.

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## Crock Philippino Chicken

Day 2 – Serves 6

### INGREDIENTS:

6 skinless chicken thighs  
1/2 cup low-sodium soy sauce  
3/4 cup rice vinegar

1 head garlic, peeled and crushed  
1 bay leaf  
1 tablespoon honey

**COOKING INSTRUCTIONS:** In the bottom of a slow cooker, place the chicken - overlapping as necessary. In a bowl, combine remaining ingredients; pour over chicken. Cover and cook on low heat setting for 8 hours, stirring occasionally, if you are there to stir!

**NUTRITION per serving:** 111 Calories; 3g Fat; 15g Protein; 7g Carbohydrate; trace Dietary Fiber; 57mg Cholesterol; 860mg Sodium. **Exchanges:** 2 Lean Meat; 1/2 Vegetable; 1/2 Other Carbohydrates. **Points:** 2

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

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## Sweet Cajun Crock Stew

Day 3 – Serves 6

### INGREDIENTS:

1 tablespoon olive oil	2 medium sweet potatoes, peeled and diced
1 1/2 pounds top round steak, cut into 2-inch cubes	1 cup chopped green bell pepper, seeded and deribbed
Salt and pepper to taste	1 cup chopped onion
1 (14.5-oz.) can low-sodium beef broth	1/2 cup finely chopped celery
3/4 cup canned diced tomatoes, drained	2 teaspoons Cajun seasoning
	2 tablespoons cornstarch, dissolved in 1/4 cup water

**COOKING INSTRUCTIONS:** In a skillet, heat oil over medium-high heat. Add beef (half at a time) and stir-fry for 2 minutes, or till outside surface is no longer pink (do not overcook). Remove from the skillet; season with salt and pepper to taste and place in a slow cooker. In the same skillet, combine broth, tomatoes, sweet potatoes, bell pepper, onion, celery, and Cajun seasoning. Bring to a boil, scraping up all the brown bits from the bottom of the pan; remove from heat and pour mixture over the beef. Cover and cook on low heat setting for 8 hours or on high for 6 hours, or till beef is fork-tender. If you want your stew thickened, add cornstarch mixture; cook and stir occasionally for 1 to 2 minutes, or till 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 SUGGESTION:** Serve in bowls with some corn muffins and a big salad on the side.

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## Cheesy Cauliflower Soup

Day 4 – Serves 6

### INGREDIENTS:

2 (14.5-oz.) cans low-sodium chicken broth	1/2 teaspoon thyme
2 (8-oz.) packages frozen cauliflower	Salt and pepper to taste
1 medium stalk celery, cut into 1/2-inch pieces	1 cup milk
1 medium carrot, cut into 1/2-inch pieces	1 1/2 cups shredded, low-fat cheddar cheese OR
1 small onion, cut into eighths	Monterey Jack cheese

**COOKING INSTRUCTIONS:** Place all ingredients, EXCEPT milk and cheese, into slow cooker. Cover and cook on low heat setting till vegetables are very tender, about 4 to 6 hours. When ready to serve, carefully pour mixture into the work bowl of a food processor fitted with a steel blade, or into blender container. Cover and process until smooth. OR, if you like it a little lumpy and bumpy like I do, use a potato masher directly in the slow cooker - mash to your heart's delight and desired consistency. Place cauliflower mixture in a large saucepan over medium heat; add milk and cheese, stirring constantly till cheese is melted and mixture is hot.

**NUTRITION per serving:** 133 Calories; 4g Fat; 16g Protein; 10g Carbohydrate; 3g Dietary Fiber; 11mg Cholesterol; 506mg Sodium. **Exchanges:** 0 Grain (Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 0 Fat. **Points:** 2

**SERVING SUGGESTION:** A big spinach salad (add sliced red onion and red apple) and warm crusty bread.

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# Carolina Crock Pork

Day 5 – Serves 6

**INGREDIENTS:**

1 tablespoon olive oil	1 1/2 teaspoons dry mustard
1 3/4 pounds pork shoulder roast	Salt and pepper to taste
3/4 cup chopped onion	1/3 cup tomato paste
2 cloves garlic, pressed	1/4 cup Worcestershire sauce
	3 tablespoons cider vinegar

**COOKING INSTRUCTIONS:** In a skillet, heat olive oil and brown the pork roast on all sides. Place in slow cooker. Add remaining ingredients. Cover and cook on high heat setting for 5 to 7 hours or on low for 8 to 9 hours, depending on your slow cooker. When done, shred with two forks and serve with juices.

**NUTRITION per serving:** 380 Calories; 27g Fat; 24g Protein; 11g Carbohydrate; 1g Dietary Fiber; 91mg Cholesterol; 507mg Sodium. **Exchanges:** 0 Grain (Starch); 3 Lean Meat; 1 Vegetable; 3 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 10

**SERVING SUGGESTION:** Pile shredded meat and juices on toasted whole wheat burger buns and serve with coleslaw (use a ready-made mix tossed with mayo and a little rice vinegar). Add some mini corn on the cob.

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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

Fall

Volume 1 - Week 7

## MENU

**Day 1: Vegetarian Minestrone Soup**, add a big salad and a loaf of warm, crusty bread

**Day 2: Crock Moroccan Chicken and Veggies**, with a big spinach salad and whole wheat pita bread

**Day 3: Crock Beef and Bean Burritos**, add a big salad and mini corn on the cob

**Day 4: Crock Pork Provencal**, with steamed red potatoes, baby carrots and broccoli

**Day 5: Crock Cajun Turkey Stew**, add baked sweet potatoes, a big salad and corn muffins

## SHOPPING LIST:

### MEAT

4 skinless chicken thighs [D2]

1/2 pound London broil, trimmed of fat (1 lb. if you want leftovers) [D3]

6 boneless pork chops, about 1/4" thick [D4]

6 boneless skinless turkey cutlets [D5]

1/2 pound low-fat smoked sausage [D5]

### CONDIMENTS

Balsamic vinegar [D3]

Salsa (your favorite) [D3]

Peanut butter [D2]

\*\*Salad dressing(s) (your choice) [D1,2,3,5]

### PRODUCE

3 pounds onions (keep on hand) [D1,3,4,5]

Red onion (1 large) \*\*Additional (1 meal) [D2]

Garlic (9 cloves) [D1,2,4]

Carrots (2 medium) [D1]

Celery (3 medium stalks) [D1,5]

Mushrooms (1 cup, sliced) [D1]

Red bell peppers (3 small) [D2,4]

Green bell pepper (1 medium) [D5]

1 orange [D4]

\*\*Spinach (1 meal) [D2]

\*\*Red potatoes (1 meal) [D4]

\*\*Baby carrots (1 meal) [D4]

\*\*Broccoli (1 meal) [D4]

\*\*Sweet potatoes (1 meal) [D5]

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

\*\*Salad veggies-your choice [D1,3,5]

\*\*Apples (1 meal) [D2]

## CANNED GOODS

Low-sodium vegetable broth (4 cups) [D1]

Low-sodium chicken broth (1/2 cup) [D5]

Tomato juice (4 cups) [D1]

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

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

2 (14.5-oz.) can diced tomatoes [D2,5]

Tomato paste ( 2 tablespoons) [D2]

2 (16-oz.) cans garbanzo beans [D2]

1 (16-oz.) can black beans [D3]

1 (4-oz.) can diced green chilies [D3]

## SPICES

Basil [D1,4]

Oregano [D1,5]

Cumin [D2]

Thyme [D4]

Fennel seeds [D4]

Cajun seasoning [D5]

Cayenne pepper [D5]

## DAIRY/DAIRY CASE

Low-fat sour cream (6 tablespoons) [D3]

Low-fat cheddar cheese (3/4 cup, shredded) [D3]

Parmesan cheese, grated-for garnish [D1]

\*\*Butter [D1,3,4,5]

## DRY GOODS

Rotini/corkscrew pasta (1 1/2 cups) [D1]

Brown rice OR couscous [D2]

1 (1.25-oz.) envelope taco seasoning mix [D3]

Instant chicken bouillon granules ( 2 teaspoons) [D2]

Raisins (1/4 cup) [D2]

## FREEZER

\*\*Mini corn on the cob (1 meal) [D3]

## BAKERY

6 flour tortillas-whole wheat, if available [D3]

\*\*Crusty bread (1 meal) [D1]

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

\*\*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.

# Vegetarian Minestrone Soup

Day 1 – Serves 6

## INGREDIENTS:

4 cups low sodium vegetable broth	1/2 cup chopped celery
4 cups tomato juice	3/4 cup chopped onion
1 tablespoon dried basil	1 cup mushrooms, sliced
Salt and pepper to taste	2 cloves garlic, pressed
1/2 teaspoon dried oregano	1 (28-oz.) can diced tomatoes
2 medium carrots, sliced	1 1/2 cups uncooked corkscrew pasta (rotini)
	Parmesan cheese, grated

**COOKING INSTRUCTIONS:** In a 4- to 5-quart slow cooker, combine all ingredients, except pasta and cheese. Cover and cook on low heat setting for 7 to 8 hours, or till vegetables are tender. About 30 minutes before serving time, crank the heat up to high. Add pasta. Cover and cook on high heat setting for about 20 minutes, or till pasta is tender. Sprinkle each serving with freshly grated Parmesan cheese.

**NUTRITION per serving:** 290 Calories; 5g Fat; 12g Protein; 52g Carbohydrate; 8g Dietary Fiber; 6mg Cholesterol; 1799mg Sodium. **Exchanges:** 2 Grain (Starch); 1/2 Lean Meat; 3 1/2 Vegetable; 1 Fat. **Points:** 5

**SERVING SUGGESTION:** A big salad and a loaf of warm, crusty bread.

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# Crock Moroccan Chicken and Veggies

Day 2 – Serves 6

## INGREDIENTS:

2 (16-oz.) cans garbanzo beans, drained	2 tablespoons water
1 (14.5-oz.) can diced tomatoes, un-drained	3 cloves garlic, pressed
1 small red bell pepper, seeded, deribbed and cut into 1-inch squares	2 teaspoons instant chicken bouillon granules
1 cup chopped red onion	1 1/2 teaspoons ground cumin
1/4 cup raisins	4 skinless chicken thighs, cut into 1-inch cubes
2 tablespoons tomato paste	Hot cooked couscous or brown rice
	2 tablespoons peanut butter

**COOKING INSTRUCTIONS:** In 5 quart slow cooker, place garbanzo beans, tomatoes, bell pepper, onion, raisins, tomato paste, water, garlic, chicken bouillon and cumin. Blend well. Place chicken pieces on top of bean mixture. Cover and cook on low heat setting for 6 to 7 hours, or till chicken is tender. Prepare brown rice OR couscous according to package directions. Before serving, add peanut butter to slow cooker, blending well. Serve over brown rice OR couscous.

**NUTRITION per serving:** 385 Calories; 10g Fat; 27g Protein; 48g Carbohydrate; 9g Dietary Fiber; 49mg Cholesterol; 670mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 1 Fat. **Points:** 8

**SERVING SUGGESTION:** A big spinach salad (add some thinly sliced red onion and red apple slices) and whole wheat pita bread.

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## Crock Beef and Bean Burritos

Day 3 – Serves 6

### INGREDIENTS:

1/2 pound London broil, trimmed of fat  
1 (1.25-oz.) envelope taco seasoning mix  
3/4 cup chopped onion  
1 tablespoon balsamic vinegar  
1 (4-oz.) can diced green chilies

1 (16-oz.) can black beans, rinsed and drained  
6 flour tortillas, whole wheat if available  
3/4 cup low-fat cheddar cheese, shredded  
6 tablespoons low fat sour cream  
6 tablespoons salsa (your favorite)

**COOKING INSTRUCTIONS:** LEANNE'S NOTE: (I would use more beef - like a pound total, and freeze half for later use, plus a large quantity works better in the slow cooker. No need to double other ingredients). Place first five ingredients in slow cooker; cover and cook on low heat setting for 8 to 9 hours. When cooked, remove meat and shred with two forks. Combine shredded meat and cooking liquid; set aside. In a saucepan, heat black beans (add a little water if they're sticking). Warm the tortillas. Spread beans on tortillas; add meat, cheese, sour cream and salsa. Fold up burrito-style and serve.

**NUTRITION per serving:** 528 Calories; 16g Fat; 25g Protein; 69g Carbohydrate; 8g Dietary Fiber; 32mg Cholesterol; 932mg Sodium. **Exchanges:** 4 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 11

**SERVING SUGGESTION:** A big salad and mini corn on the cob.

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## Crock Pork Provencal

Day 4 – Serves 6

### INGREDIENTS:

6 boneless pork chops (about 1/4" thick)  
2 small red bell peppers, seeded, deribbed and cut into  
1/4-inch thick strips  
1 medium onion, thinly sliced  
1 (28-oz.) can whole tomatoes, with juice  
4 cloves garlic, pressed

1/4 teaspoon thyme  
1/4 teaspoon fennel seeds  
1/2 teaspoon basil  
3 strips of orange peeling (just use clean peel from an  
orange, not too much)  
Salt and pepper to taste

**COOKING INSTRUCTIONS:** Place all ingredients in slow cooker, blend well. Cover and cook on low heat setting for 7 to 9 hours (or high 3 to 4 hours). Before serving, taste the sauce and correct the seasonings, if necessary.

**NUTRITION per serving:** 132 Calories; 3g Fat; 15g Protein; 11g Carbohydrate; 3g Dietary Fiber; 57mg Cholesterol; 72mg Sodium. **Exchanges:** 0 Grain (Starch); 2 Lean Meat; 2 Vegetable; 0 Fruit; 0 Fat. **Points:** 3

**SERVING SUGGESTION:** Steamed red potatoes, baby carrots and broccoli.

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# Crock Cajun Turkey Stew

Day 5 – Serves 6

**INGREDIENTS:**

6 boneless skinless turkey cutlets, cut into 1-inch cubes	3/4 cup chopped onion
1/2 pound low-fat smoked sausage, sliced	1/4 cup chopped celery
1 (14.5-oz.) can tomatoes, with juice	1/2 cup low-sodium chicken broth
1/2 medium green bell pepper, seeded, deribbed and chopped	1 teaspoon oregano
	1 teaspoon Cajun seasoning
	1/4 teaspoon cayenne pepper (or to taste)

**COOKING INSTRUCTIONS:** Place all ingredients in slow cooker; cover and cook on low heat setting for 7 hours.

**NUTRITION per serving:** 270 Calories; 12g Fat; 34g Protein; 5g Carbohydrate; 1g Dietary Fiber; 94mg Cholesterol; 693mg Sodium. **Exchanges:** 0 Grain (Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates. **Points:** 6

**SERVING SUGGESTION:** Baked sweet potatoes, a big salad and corn muffins.

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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.
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- 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

Fall

Volume 1 - Week 8

## MENU

**Day 1: Crock Chunky Tomato Soup**, add a big spinach salad and some crusty bread

**Day 2: Easy Crock Chicken**, with steamed green beans and a salad

**Day 3: Ribs with Horsey Sauce**, add steamed broccoli and corn on the cob

**Day 4: Mock Crock Paella**, with brown rice and salad

**Day 5: Pork Loin in Onion Sauce**, add steamed red potatoes and steamed asparagus

## SHOPPING LIST:

### MEAT

3 to 4 pounds beef ribs [D3]

1 (4 pound) skinless chicken, cut into pieces [D4]

6 skinless chicken drumsticks [D2]

6 skinless chicken thighs [D2]

2 1/2 pounds pork loin [D5]

6 ounces smoked ham [D4]

1/2 pound medium shrimp, peeled and deveined-or buy frozen [D4]

### CONDIMENTS

Olive oil [D1,3,4]

Vinegar (if not using wines) [D2,5]

Horseradish sauce (3 tablespoons) [D3]

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

Sherry (3/4 cup) (or use white grape juice with vinegar) [D5]

White grape juice (1/3 cup plus 3/4 cup if not using wines) [D2,5]

\*\*Salad dressing(s) (your choice) [D2]

### PRODUCE

3 pounds onions (keep on hand) [D2,3,4]

Red onions (3 small) [D5]

Pearl onions (1 cup) [D5]

Garlic (9 cloves) [D1,3,4]

Green bell peppers (1 large) [D4]

Russet potatoes (2 large) [D3]

Carrots (4 medium) [D1,3]

Celery (4 medium stalks) [D1,3]

Lemons (1 large) [D4]

\*\*Spinach (1 meal) [D1]

\*\*Green beans (1 meal) [D2]

\*\*Broccoli (1 meal) [D3]

\*\*Corn on the cob (1 meal) [D3]

\*\*Asparagus (1 meal) [D5]

\*\*Red potatoes (1 meal) [D5]

\*\*Lettuce for 2 salads (not Iceberg, no nutrition) [D2,4]

\*\*Salad veggies-your choice [D2,4]

## CANNED GOODS

2 (28-oz.) cans Italian-style tomatoes [D1]

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

21.75 canned diced tomatoes [D3]

Low sodium chicken broth (41-oz. for 3 recipes) [D1,3,4]

## SPICES

Basil [D1]

Italian seasoning [D2,3]

Garlic powder [D2]

Tarragon [D2]

Crushed red pepper flakes [D2,4]

Oregano [D4]

## DAIRY/DAIRY CASE

Butter [D5]

## DRY GOODS

Cornstarch [D5]

Chicken-flavored bouillon granules (2 teaspoons) OR 2 cubes, no MSG [D2]

Brown rice (6 cups, cooked) [D2] \*\*Additional (1 meal) [D4]

## FREEZER

1/2 pound medium shrimp, peeled and deveined-if not using fresh [D4]

Petite peas (1 cup) [D4]

## BAKERY

\*\*Crusty bread (1 meal) [D1]



## 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.

# Crock Chunky Tomato Soup

Day 1 – Serves 6

**INGREDIENTS:**

1 tablespoon olive oil	2 (28-oz.) cans whole Italian-style tomatoes, undrained
2 cloves garlic, chopped	2 (14.5-oz.) cans low sodium chicken broth
1/2 cup coarsely chopped celery	2 cups water
2 medium carrots, coarsely chopped	1 teaspoon dried basil leaves
	1/2 teaspoon pepper

**COOKING INSTRUCTIONS:** In a large skillet, heat oil over medium-high heat; add garlic, celery and carrots; cook for about 5 minutes, stirring frequently, until carrots are tender; place in slow cooker. Add tomatoes, breaking them up coarsely, then add remaining ingredients. Cover and cook on Low for 6 to 8 hours.

**NUTRITION per serving:** 137 Calories; 2g Fat; 8g Protein; 20g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 878mg Sodium. **Exchanges:** 0 Grain (Starch); 1/2 Lean Meat; 3 1/2 Vegetable; 1/2 Fat. **Points:** 2

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

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# Easy Crock Chicken

Day 2 – Serves 6

**INGREDIENTS:**

6 skinless chicken drumsticks	1/2 teaspoon Italian seasoning
6 skinless chicken thighs	1 teaspoon garlic powder
1/3 cup dry white wine (or use white grape juice with a splash of vinegar)	1/2 teaspoon dried tarragon
1/2 cup chopped onion	1/4 teaspoon crushed red pepper flakes
2 teaspoons chicken-flavored bouillon granules OR 2 cubes, no MSG	1 (14.5-oz.) can stewed tomatoes, undrained, and chopped
	6 cups hot cooked brown rice

**COOKING INSTRUCTIONS:** Trim fat from chicken, if necessary; place in slow cooker. Add 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 3 1/2 hours.

**NUTRITION per serving:** 477 Calories; 7g Total Fat; 39g Protein; 58g Carbohydrate; 133mg Cholesterol; 465mg Sodium. **Exchanges:** 3 1/2 Grain (Starch); 4 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates. **Points:** 10

**SERVING SUGGESTION:** Steamed green beans and a salad.

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**DO-AHEAD TIP:** Brown tomorrow's ribs before placing in slow cooker.

## Ribs with Horsey Sauce

Day 3 – Serves 6

### INGREDIENTS:

3 to 4 pounds beef ribs	3 cloves garlic, pressed
Salt and pepper to taste	2 large russet potatoes, peeled and cubed
1 1/2 tablespoons olive oil	21.75 ounces canned diced tomatoes
1 cup chopped onion	2 teaspoons Italian seasoning
2 medium carrots, sliced	1/2 cup low sodium chicken broth
1/2 cup chopped celery	3 tablespoons horseradish sauce

**COOKING INSTRUCTIONS:** Preheat broiler. Broil ribs on both sides until browned, about 15 minutes; season with salt and pepper to taste. While ribs are browning, sauté onions, carrots, celery and garlic in the oil until onion is softened and translucent; transfer to slow cooker. Add potatoes, tomatoes, Italian seasoning and chicken broth, then add browned ribs. Cover and cook on Low for about 8 hours, or until ribs are tender. Remove ribs and veggies from slow cooker and keep warm. Pour cooking liquid into a saucepan; add horseradish sauce, bring to a slow boil and whisk until well blended. Serve sauce over ribs.

**NUTRITION per serving:** 40 Calories; 67g Fat; 41g Protein; 18g Carbohydrate; 3g Dietary Fiber; 165mg Cholesterol; 225mg Sodium. **Exchanges:** 1/2 Grain (Starch); 5 1/2 Lean Meat; 2 Vegetable; 10 1/2 Fat; 0 Other Carbohydrates. **Points:** 22

**SERVING SUGGESTION:** Steamed broccoli and corn on the cob.

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## Mock Crock Paella

Day 4 – Serves 6

### INGREDIENTS:

1 tablespoon olive oil	4 cloves garlic, pressed
1 (4 pound) skinless chicken, cut into pieces	2 cups low sodium chicken broth
1 large lemon, juiced	1 teaspoon oregano
6 ounces smoked ham, cubed	1/4 teaspoon crushed red pepper flakes
1 cup chopped onion	Salt and pepper to taste
1 cup chopped green bell pepper, seeded and deribbed	1 cup frozen petite peas
	1/2 pound medium shrimp, peeled and deveined

**COOKING INSTRUCTIONS:** In a large skillet over medium heat, brown chicken pieces in the oil. Don't worry about cooking them all the way through-you just want them nice and golden brown on the outside. Remove chicken from skillet and drizzle with lemon juice. Add cubed ham, onion, bell pepper and garlic to the skillet; sauté till onion is translucent; place in slow cooker. Add chicken to slow cooker. To the skillet, add broth, oregano, crushed red pepper flakes and salt and pepper to taste. With a wire whisk, scrape up all the browned bits from the bottom of the pan, and then pour this liquid over the chicken. Cover and cook on Low for about 6 hours. About 20 minutes before you are ready to serve, add frozen peas and shrimp. Raise heat setting to high; cover and cook for 20 minutes, or until shrimp is pink.

**NUTRITION per serving:** 521 Calories; 12g Fat; 89g Protein; 9g Carbohydrate; 2g Dietary Fiber; 263mg Cholesterol; 471mg Sodium. **Exchanges:** 0 Grain (Starch); 12 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat. **Points:** 11

**SERVING SUGGESTION:** Brown rice and a big salad.

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# Pork Loin in Onion Sauce

Day 5 – Serves 6 - 8

**INGREDIENTS:**

3 small red onions, thinly sliced  
1 cup pearl onions  
2 tablespoons butter  
Salt and pepper to taste

2 1/2 pounds boneless pork loin  
3/4 cup sherry (or use white grape juice with a splash of vinegar)  
1 1/2 tablespoons cornstarch  
2 tablespoons water

**COOKING INSTRUCTIONS:** In a skillet, sauté red and pearl onions in the butter till softened, about 5 minutes; season with salt and pepper to taste. Place pork in slow cooker; add onions and sherry. Cover and cook on Low for about 9 hours. Remove pork from slow cooker and let it sit for a few minutes before slicing, to redistribute its juices. While pork is resting, combine cornstarch and water till smooth; add to liquid in slow cooker and whisk till sauce thickens.

**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:** Steamed red potatoes and steamed asparagus.

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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

Fall

Volume 1 - Week 9

## MENU

**Day 1: Thai Wingers**, add brown rice and stir-fried broccoli florets, zucchini, yellow squash and snow peas

**Day 2: Carry Me Away Pork**, with baked sweet potatoes, steamed green beans and whole grain rolls and butter

**Day 3: Sideways Beef**, add mashed russet potatoes and steamed broccoli

**Day 4: Crock Barbecue Tofu**, serve on lightly toasted whole wheat burger buns with a big bowl of coleslaw and a bowl of baby carrots

**Day 5: Texan Turkey Fajitas**, with brown rice, corn on the cob and a big salad

## SHOPPING LIST:

### MEAT

18 skinless chicken wings [D1]  
2 pounds pork roast [D2]  
2 pounds beef roast (if not using tofu) [D4]  
2 pounds beef stew meat [D3]  
2 pounds turkey breast tenderloins [D5]

### PRODUCE

3 pounds onions (keep on hand) [D3]  
Garlic (2 cloves) [D1]  
Green bell pepper (1 medium) [D5]  
Gingerroot (2 teaspoons, grated) [D1]  
Lemons (1 tablespoon juice) [D1]  
Limes (2 tablespoons juice) [D5]  
3 pounds tofu (if not using beef roast) [D4]  
\*\*Broccoli florets, zucchini, yellow squash and snow peas (1 meal) [D1]  
\*\*Sweet potatoes (1 meal) [D2]  
\*\*Green beans (1 meal) [D2]  
\*\*Russet potatoes (1 meal) [D3]  
\*\*Broccoli (1 meal) [D3]  
\*\*Coleslaw mix (1 meal) [D4]  
\*\*Baby carrots (1 meal) [D4]  
\*\*Corn on the cob (1 meal) [D5]  
\*\*Lettuce for 1 salad (not Iceberg, no nutrition) [D5]  
\*\*Salad veggies (your choice) [D5]

## CONDIMENTS

Olive oil [D2,5]  
Vinegar (if not using wine) [D3]  
Apple cider vinegar [D2]  
Salsa (your favorite) (1/2 cup) [D1]  
Barbecue sauce (16 ounces) (your favorite) [D4]  
Peanut butter (1/2 cup) [D1]  
Low sodium soy sauce [D1]  
Red wine (2 cups) (or use red grape juice with a splash of vinegar) [D3]  
\*\*Mayonnaise [D4]  
\*\*Rice vinegar [D4]  
\*\*Salad dressing(s) (your choice) [D5]

## CANNED GOODS

Red grape juice (2 cups) (if not using wine) [D3]  
Low sodium beef broth (1 cup) [D3]  
1 (14.5-oz.) can tomatoes with chilies (Rotel is a good brand) [D5]

## SPICES

Caraway seeds [D2]  
Oregano [D2]  
Chili powder [D5]

## DAIRY/DAIRY CASE

Low fat sour cream (8-oz.) [D2]  
\*\*Butter [D2]

## DRY GOODS

Cornstarch [D2,3]  
Brown sugar [D1]  
\*\*Brown rice (2 meals) [D1,5]

## BAKERY

\*\*Whole grain rolls (1 meal) [D2]  
\*\*Whole wheat burger buns (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.





## Thai Wingers

Day 1 – Serves 6 (3 chicken wings each)

### INGREDIENTS:

18 skinless chicken wings	4 tablespoons low sodium soy sauce, divided
1/2 cup salsa (your favorite)	2 teaspoons gingerroot, grated
1/2 cup peanut butter, divided	1/4 cup brown sugar
1 tablespoon lemon juice	1/4 cup water
	2 cloves garlic, pressed

**COOKING INSTRUCTIONS:** Place chicken wings in the bottom of slow cooker. Combine salsa, 2 tablespoons of the peanut butter, lemon juice, 1 tablespoon of the soy sauce and grated gingerroot; pour over chicken wings, making sure all are well coated. Cover and cook on Low for about 7 hours, or until wings are cooked through. About 30 minutes before you are ready to serve mix remaining ingredients in a saucepan over medium low heat. Whisk until smooth and remove from heat. Serve dipping sauce with cooked chicken wings.

**NUTRITION per serving:** 275 Calories; 14g Fat; 26g Protein; 13g Carbohydrate; 2g Dietary Fiber; 50mg Cholesterol; 667mg Sodium. **Exchanges:** 1/2 Grain (Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 1/2 Other Carbohydrates. **Points:** 6

**SERVING SUGGESTION:** Brown rice and stir-fried broccoli florets, zucchini, yellow squash and snow peas.

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## Carry Me Away Pork

Day 2 – Serves 6

### INGREDIENTS:

2 teaspoons caraway seeds	1 teaspoon olive oil
1 teaspoon dried oregano	1/2 cup water
1/2 teaspoon freshly ground black pepper	2 tablespoons apple cider vinegar
2 pounds pork roast	1 1/2 tablespoons cornstarch
	8 ounces low fat sour cream

**COOKING INSTRUCTIONS:** In a small mixing bowl, combine caraway seeds, oregano and pepper. Rub this dry mixture into the pork. Place pork in slow cooker. Combine oil, water and vinegar; pour over pork. Cover and cook on Low for about 10 hours, or until pork is cooked through. About 30 minutes before you are ready to serve, carefully remove about 1 cup of the cooking juices from the slow cooker; place in a saucepan and whisk with corn starch till well blended. Bring to a boil, then reduce heat and allow to thicken slightly. Remove from heat and gradually add sour cream, stirring well to incorporate. Serve gravy over pork roast.

**NUTRITION per serving:** 288 Calories; 17g Fat; 25g Protein; 7g Carbohydrate; trace Dietary Fiber; 83mg Cholesterol; 111mg Sodium. **Exchanges:** 0 Grain (Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 7

**SERVING SUGGESTION:** Baked sweet potatoes, steamed green beans and whole grain rolls and butter.

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## Sideways Beef

Day 3 – Serves 6

### INGREDIENTS:

3 tablespoons cornstarch	1 1/2 cup chopped onions
Salt and pepper to taste	1 cup low sodium beef broth
2 pounds beef stew meat or cubes, trimmed of excess fat	2 cups red wine (or use red grape juice with a splash of vinegar)

**COOKING INSTRUCTIONS:** Sprinkle beef cubes with cornstarch, salt and pepper. Toss to coat. Place beef cubes and onions in slow cooker. Combine beef broth and wine; pour over beef cubes. Cover and cook on Low for about 10 hours, or until beef is cooked through.

**NUTRITION per serving:** 350 Calories; 13g Fat; 34g Protein; 8g Carbohydrate; 1g Dietary Fiber; 83mg Cholesterol; 149mg Sodium. **Exchanges:** 0 Grain (Starch); 5 Lean Meat; 1/2 Vegetable. **Points:** 8

**SERVING SUGGESTION:** Mashed russet potatoes and steamed broccoli.

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## Crock Barbecue Tofu

Day 4 – Serves 6

### INGREDIENTS:

3 pounds tofu, drained, pressed and thinly sliced (or 2 pounds beef roast)	Doesn't get much easier than this.
16 ounces. barbecue sauce (your favorite)	

**COOKING INSTRUCTIONS:** Place sliced tofu in slow cooker; pour barbecue sauce over top. Cover and cook on Low for about 4 hours.

**NON VEGETARIANS:** Place beef in slow cooker. Cover with barbecue sauce. Cover and cook until beef is very tender, about 7 to 8 hours. Shred beef before serving.

**NUTRITION per serving:** 229 Calories; 12g Fat; 20g Protein; 14g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 632mg Sodium. **Exchanges:** 2 1/2 Lean Meat; 1 Fat; 1 Other Carbohydrates. **Points:** 5

**SERVING SUGGESTION:** Serve on lightly toasted whole wheat burger buns with a big bowl of coleslaw (use a ready-made mix and toss with mayo and a little rice vinegar) and a bowl of baby carrots.

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# Texan Turkey Fajitas

Day 5 – Serves 6

## INGREDIENTS:

2 pounds turkey breast tenderloins, sliced	1 medium green bell pepper, seeded, deribbed and sliced
1 teaspoon olive oil	
1 (14.5-oz.) can tomatoes with chilies (Rotel is a good brand)	1 tablespoon chili powder
	2 tablespoons lime juice

**COOKING INSTRUCTIONS:** Place turkey tenderloins in slow cooker. Combine remaining ingredients; pour over turkey and stir to coat. Cover and cook on Low for about 7 hours, or until turkey is cooked through.

**NUTRITION per serving:** 176 Calories; 2g Fat; 33g Protein; 5g Carbohydrate; 1g Dietary Fiber; 81mg Cholesterol; 590mg Sodium. **Exchanges:** 0 Grain (Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat. **Points:** 3

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

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# Crock Cooker E-Book Menu and Shopping List for Six

Fall

Volume 1 - Week 10

## MENU

**Day 1: Crock Corny Spinach**, and a big salad

**Day 2: Sweet and Spicy Pork Chili**, serve in bowls, garnished with chopped cilantro and chopped green onions; add some corn muffins

**Day 3: Shrimp Chowder**, with a big spinach salad on the side; add some crusty bread

**Day 4: Beefy Black Eyed Peas**, serve over brown rice; add some coleslaw and a bowl of raw baby carrots

**Day 5: Orange Glazed Chicken Thighs**, with mashed russet potatoes topped with cooking juices and veggies; add steamed broccoli

## SHOPPING LIST:

### MEAT

1 1/2 pounds boneless pork, cubed [D2]  
2 pounds beef rump roast [D4]  
2 pounds boneless skinless chicken thighs [D5]  
Bacon (8 slices) [D3,D4]  
2 pounds shrimp, peeled and deveined (or buy frozen) [D3]

### CONDIMENTS

Vegetable oil [D3]  
Liquid smoke [D4]  
\*\*Salad dressing(s) (your choice) [D1]  
\*\*Mayonnaise [D4]  
\*\*Rice vinegar [D4]

### PRODUCE

3 pounds onions (keep on hand) [D2,D3,D4,D5]  
Garlic (5 cloves) [D1,D4,D5]  
Russet potatoes (5 medium) [D3] \*\*Additional (1 meal)  
Carrots (5 medium) [D4,D5]  
Green bell peppers (1 medium) [D4]  
Lemons (2) [D5]  
Oranges (2) [D5]  
\*\*Spinach (1 meal) [D3]  
\*\*Broccoli (1 meal)  
\*\*Baby carrots (1 meal) [D4]  
\*\*Coleslaw mix (1 meal) [D4]  
\*\*Lettuce for 1 salad (not Iceberg, no nutrition) [D1]  
\*\*Salad veggies (your choice) [D1]  
\*\*Cilantro, for garnish (1 meal) [D2]  
\*\*Green onions, for garnish (1 meal) [D2]

## CANNED GOODS

2 (14.5-oz.) cans diced tomatoes [D2,D5]  
2 (6-oz.) cans tomato paste [D2,D5]  
1 (7-oz.) can diced green chilies [D1,D2]  
Clam juice (4 cups) [D3]  
1 (20-oz.) can pineapple chunks in juice [D2]

## SPICES

Chili powder [D2]  
Cumin [D2]  
Garlic powder [D2]  
Thyme [D3]  
Bay leaves [D3]  
Herbes de Provence [D5]

## DAIRY/DAIRY CASE

Heavy (whipping) cream (1 cup) [D3]  
Low fat Cheddar cheese (1 cup shredded) [D1]  
\*\*Butter  
\*\*Milk, for mashed potatoes (1 meal)

## DRY GOODS

Flour [D3]  
Sugar [D5]  
Brown rice (1 1/2 cups uncooked) [D1] \*\*Additional (1 meal) [D4]  
White beans (1 cup) [D2]  
Black eyed peas (1 pound) [D4]

## FREEZER

2 pounds shrimp, peeled and deveined (if not using fresh) [D3]  
1 (10-oz.) package chopped spinach [D1]  
1 (16-oz.) package whole kernel corn [D1]

## BAKERY

\*\*Corn muffins (1 meal) [D2]  
\*\*Crusty 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...**

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 Corny Spinach

Day 1 – Serves 6

### INGREDIENTS:

1 (10-oz.) package frozen chopped spinach, thawed	3.5 ounces canned diced green chilies
1 1/2 cups uncooked brown rice	1 (16-oz.) package frozen whole kernel corn
3 cups water	1 clove garlic, pressed
	1 cup shredded low fat Cheddar cheese

**COOKING INSTRUCTIONS:** Combine all ingredients, except cheese, in slow cooker. Cover and cook on Low for 2 to 4 hours, or until rice is cooked through and veggies are tender. Ladle onto dinner plates; sprinkle with cheese and serve.

**NUTRITION per serving:** 289 Calories; 3g Fat; 12g Protein; 56g Carbohydrate; 4g Dietary Fiber; 4mg Cholesterol; 159mg Sodium. **Exchanges:** 3 1/2 Grain (Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fat. **Points:** 5

**SERVING SUGGESTION:** Serve a big salad on the side.

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

## Sweet and Spicy Pork Chili

Day 2 – Serves 6

### INGREDIENTS:

1 1/2 pounds boneless pork, cubed	1 (20-oz.) can pineapple chunks in juice, un-drained
1 cup white beans, sorted, rinsed and soaked overnight	3.5 ounces canned diced green chilies
1 cup water	3/4 cup chopped onion
1 (14.5-oz.) can diced tomatoes	2 teaspoons chili powder (more or less to taste)
1 (6-oz.) can tomato paste	2 teaspoons cumin
	1 teaspoon garlic powder

**COOKING INSTRUCTIONS:** Combine all ingredients in slow cooker. Cover and cook on Low for 8 to 10 hours, or until pork is cooked through.

**NUTRITION per serving:** 390 Calories; 8g Fat; 34g Protein; 48g Carbohydrate; 9g Dietary Fiber; 73mg Cholesterol; 306mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 3 1/2 Lean Meat; 2 Vegetable; 1 Fruit; 0 Fat. **Points:** 8

**SERVING SUGGESTION:** Serve in bowls, garnished with chopped cilantro and chopped green onions; add some corn muffins.

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## Shrimp Chowder

Day 3 – Serves 6

### INGREDIENTS:

1 tablespoon vegetable oil	1 bay leaf
3/4 cup chopped onion	Salt and pepper to taste
5 medium russet potatoes, peeled and cubed	3 cups water
5 slices bacon, cooked and cut into 1-inch pieces	4 tablespoons flour
4 cups clam juice	2 pounds shrimp, peeled and deveined
1/2 teaspoon thyme	1 cup heavy (whipping) cream

**COOKING INSTRUCTIONS:** Heat the oil in a skillet over medium heat; add onion and sauté till translucent. Combine potatoes, onions, bacon, clam juice, thyme, bay leaf and salt and pepper to taste in slow cooker. Combine water and flour to make a smooth paste; gradually add to slow cooker. Cover and cook on low for 7 hours, or until potatoes are softened. About 15 to 20 minutes before you are ready to serve, raise heat setting to High; add shrimp and heavy cream; continue to cook until shrimp is pink. Remove bay leaf and serve.

**NUTRITION per serving:** 528 Calories; 22g Fat; 37g Protein; 44g Carbohydrate; 2g Dietary Fiber; 289mg Cholesterol; 978mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 4 Fat; 1 Other Carbohydrates. **Points:** 12

**SERVING SUGGESTION:** Serve a big spinach salad on the side; add some crusty bread.

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

## Beefy Black Eyed Peas

Day 4 – Serves 6

### INGREDIENTS:

1 pound black eyed peas, sorted, rinsed and soaked overnight	2 cloves garlic, pressed
3 slices cooked bacon, crumbled	Salt and pepper to taste
3 cups water	2 pounds beef rump roast, trimmed and cubed
1 1/2 cups sliced carrots	1 teaspoon liquid smoke
3/4 cup chopped onion	3/4 cup chopped green bell pepper, seeded and deribbed

**COOKING INSTRUCTIONS:** Combine all ingredients in slow cooker. Cover and cook on Low for 8 to 10 hours, or until beef is tender.

**NUTRITION per serving:** 506 Calories; 10g Fat; 53g Protein; 51g Carbohydrate; 9g Dietary Fiber; 90mg Cholesterol; 165mg Sodium. **Exchanges:** 3 Grain (Starch); 6 Lean Meat; 1 Vegetable; 0 Fat; 0 Other Carbohydrates. **Points:** 10

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

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# Orange Glazed Chicken Thighs

Day 5 – Serves 6

## INGREDIENTS:

2 pounds boneless skinless chicken thighs, chopped	2 cups finely chopped carrots
1 (14.5-oz.) can diced tomatoes	2 tablespoons Herbes de Provence
2 oranges, both juiced and zested	2 cloves garlic, pressed
1 (6-oz.) can tomato paste	Salt and pepper to taste
3/4 cup chopped onion	2 teaspoons sugar
	2 lemons, juiced

**COOKING INSTRUCTIONS:** Combine first 9 ingredients in slow cooker (chicken through salt/pepper); blend well. Cover and cook on Low for 5 to 7 hours, or until chicken is cooked through. When ready to serve, combine lemon juice and sugar till sugar is dissolved. Place chicken on dinner plates and drizzle with lemon sauce.

**NUTRITION per serving:** 194 Calories; 4g Fat; 20g Protein; 23g Carbohydrate; 5g Dietary Fiber; 72mg Cholesterol; 318mg Sodium. **Exchanges:** 2 1/2 Lean Meat; 3 Vegetable; 1/2 Fruit; 0 Other Carbohydrates. **Points:** 3

**SERVING SUGGESTION:** Serve with mashed russet potatoes topped with cooking juices and veggies; add steamed broccoli.

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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

Fall

Volume 1 - Week 11

## MENU

**Day 1: Lemon Honey Chicken**, add steamed red skinned potatoes and steamed broccoli

**Day 2: Hearty Corn Chowder**, with a big spinach salad and some whole grain rolls

**Day 3: Crock Beef Ale**, add mashed russet potatoes and steamed kale

**Day 4: Crock Sausage Bean Soup**, with a big salad and some crusty bread

**Day 5: Polynesian Pork Chops**, add brown rice and steamed green beans

## SHOPPING LIST:

### MEAT

6 boneless skinless chicken breast halves [D1]  
1 1/2 pound beef chuck roast, cut into 1-inch cubes (whole or pre-cut) [D3]  
1/2 pound sweet OR hot Italian sausage [D4]  
6 boneless pork chops [D5]

### CONDIMENTS

Olive oil [D3,D5]  
Vinegar (if not using beer) [D3]  
Worcestershire sauce [D3]  
Barbecue sauce (your favorite) (1 cup) [D5]  
Honey [D1]  
\*\*Salad dressing(s) (your choice) [D4]

### PRODUCE

3 pounds onions (keep on hand) [D1,D2,D3,D4,D5]  
Garlic (1 clove) [D4]  
Celery (1 1/2 cups chopped) [D1,D2]  
Carrots (2 1/2 cups chopped plus 1 cup chopped for four recipes) [D1,D2,D3,D5]  
Russet potatoes (1 1/2 cups cubed) [D2] \*\*Additional (1 meal) [D3]  
Green bell peppers (1 medium) [D3]  
Red bell pepper (1 medium) [D2]  
Snow peas (1 cup) (or buy frozen) [D5]  
Gingerroot (2 teaspoons grated) [D1]  
Lemons (1/2 cup juice) [D1]  
\*\*Red skinned potatoes (1 meal) [D1]  
\*\*Broccoli (1 meal) [D1]  
\*\*Spinach (1 meal) [D2]  
\*\*Kale (1 meal) [D3]  
\*\*Green beans (1 meal) [D5]  
\*\*Lettuce for 1 salad (not Iceberg, no nutrition) [D4]  
\*\*Salad veggies (your choice) [D4]

## CANNED GOODS

1 (14.5-oz.) can low sodium chicken broth [D4]  
Low sodium vegetable broth (43.5 ounces) [D2]  
Tomato paste (6 ounces) [D3]  
1 (15-oz.) can Italian-style diced tomatoes [D4]  
1 (16-oz. can) white beans (Great Northern OR cannellini) [D4]  
Crushed pineapple, in light syrup (8 ounces) [D5]

## SPICES

Thyme [D2]  
Dill [D2]  
Oregano [D4]  
Marjoram [D4]  
Crushed red pepper flakes [D4]

## DAIRY/DAIRY CASE

Butter [D2]  
\*\*Milk (for mashed potatoes) [D3]

## DRY GOODS

Whole wheat flour [D2]  
Sugar [D3]  
1 packet Italian salad dressing seasoning [D3]  
\*\*Brown rice (1 meal) [D5]

## FREEZER

Snow peas (1 cup) (if not using fresh) [D5]  
Whole kernel corn (16 ounces) [D2]

## BAKERY

\*\*Whole grain rolls (1 meal) [D2]  
\*\*Crusty bread (1 meal) [D4]

## OTHER

Beer OR Ginger ale (12 ounces) [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.

## Lemon Honey Chicken

Day 1 – Serves 6

### INGREDIENTS:

6 boneless skinless chicken breast halves	1/2 cup sliced onion
1 cup chopped carrot	2 teaspoons grated gingerroot
1/2 cup chopped celery	1/2 cup lemon juice
	3/4 cup honey

**COOKING INSTRUCTIONS:** Place chicken, carrot, celery, and onion in slow cooker. Combine gingerroot, lemon juice, and honey; drizzle over chicken and vegetables. Cover and cook on Low for 6 to 8 hours.

**NUTRITION per serving:** 296 Calories; 2g Fat; 31g Protein; 40g Carbohydrate; 1g Dietary Fiber; 77mg Cholesterol; 105mg Sodium. **Exchanges:** 4 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Other Carbohydrates. **Points:** 6

**SERVING SUGGESTION:** Steamed red skinned potatoes and steamed broccoli.

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## Hearty Corn Chowder

Day 2 – Serves 6

### INGREDIENTS:

1/4 cup butter	43.5 ounces low sodium vegetable broth
1 cup chopped celery	16 ounces frozen whole kernel corn, thawed
1 cup chopped onion	1 1/2 cups peeled and cubed russet potato
1/2 cup chopped carrot	Dash of salt and pepper
1/2 cup chopped red bell pepper, seeded and deribbed	1/2 teaspoon thyme
3 tablespoons whole wheat flour	1/2 teaspoon dill

**COOKING INSTRUCTIONS:** In a large skillet over medium-high heat, sauté celery, onion, carrot and red bell pepper in the butter until onion is translucent; add flour and blend into a thick, creamy paste (add more butter if necessary). Transfer to slow cooker. Add broth, corn, potatoes, salt and pepper, thyme and dill to slow cooker. Cover and cook on Low for 4 to 6 hours, or until potatoes are soft.

**NUTRITION per serving:** 230 Calories; 10g Fat; 8g Protein; 31g Carbohydrate; 4g Dietary Fiber; 21mg Cholesterol; 736mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat. **Points:** 5

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

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## Crock Beef Ale

Day 3 – Serves 6

### INGREDIENTS:

3 teaspoons olive oil	12 ounces beer (or use ginger ale with 1 tablespoon of vinegar)
1 1/2 pound beef chuck roast, cut into 1-inch cubes (or buy it pre-cut)	6 ounces tomato paste
1 medium onion, cut into wedges	1 packet Italian salad dressing seasoning
1 cup sliced carrot	2 teaspoons Worcestershire sauce
1 medium green bell pepper, seeded, deribbed, and sliced	1 teaspoon sugar
	Salt and pepper to taste

**COOKING INSTRUCTIONS:** Heat oil in a large skillet over medium-high heat; add the beef and cook (in batches) until browned. You're not cooking it all the way through, just sealing in the juices. Transfer each batch to slow cooker. Place onion, carrot and bell pepper over beef. Add beer (or ginger ale/vinegar), tomato paste, seasoning packet, Worcestershire sauce, and sugar to skillet. Whisk up all of the browned bits from the bottom of the pan, stirring until smooth; pour over beef and veggies; blend well. Cover and cook on Low for 6 to 8 hours, or until beef is very tender and mixture has thickened; salt and pepper to taste.

**NUTRITION per serving:** 345 Calories; 20g Fat; 20g Protein; 17g Carbohydrate; 3g Dietary Fiber; 66mg Cholesterol; 345mg Sodium. **Exchanges:** 0 Grain (Starch); 2 1/2 Lean Meat; 2 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates. **Points:** 8

**SERVING SUGGESTION:** Mashed russet potatoes and steamed kale.

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## Crock Sausage Bean

Day 4 – Serves 6

### INGREDIENTS:

1/2 pound sweet OR hot Italian sausage, casings removed	1 (15-oz.) can Italian-style diced tomatoes
1 small onion, diced	1 (16-oz.) can white beans (Great Northern or cannellini)
1 clove garlic, pressed	1/2 teaspoon dry oregano, crushed
1 (14.5-oz.) can low sodium chicken broth	1/2 teaspoon dry marjoram, crushed
	1/2 teaspoon salt
	Dash of crushed red pepper flakes, to taste

**COOKING INSTRUCTIONS:** In a large heavy saucepan over medium-high heat, brown and break up sausage; add onion and garlic; cook and stir until soft, about 3 minutes. Add remaining ingredients; transfer to slow cooker. Cover and cook on Low for 6 to 8 hours.

**NUTRITION per serving:** 223 Calories; 13g Total Fat; 10g Protein; 3g Fiber; 17g Carbohydrate; 29mg Cholesterol; 974mg Sodium. **Exchanges:** 1/2 Grain (Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates. **Points:** 5

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

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# Polynesian Pork Chops

Day 5 – Serves 6

**INGREDIENTS:**

1 tablespoon olive oil  
6 boneless pork chops  
1 cup sliced onion

1 cup chopped carrot  
8 ounces crushed pineapple in light syrup  
1 cup barbecue sauce (your favorite)  
1 cup snow peas (fresh or frozen)

**COOKING INSTRUCTIONS:** Heat the oil in a skillet over medium-high heat; brown pork chops on both sides. You are not cooking them through, just sealing in the juices. Transfer to slow cooker. In the same skillet, sauté onion and carrot until onion is translucent; place over pork chops in the slow cooker. Combine barbeque sauce and pineapple with the juice; pour over chops and veggies. Cover and cook on Low for 6 to 8 hours. 30 minutes before serving, add snow peas, blend well and cook until heated through. Serve.

**NUTRITION per serving:** 302 Calories; 11g Fat; 34g Protein; 16g Carbohydrate; 2g Dietary Fiber; 100mg Cholesterol; 427mg Sodium. **Exchanges:** 4 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 1/2 Other Carbohydrates.  
**Points:** 7

**SERVING SUGGESTION:** Brown rice and steamed green beans.

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# Crock Cooker E-Book Menu and Shopping List for Six

Fall

Volume 1 - Week 12

## MENU

**Day 1: Chicken Crock-atore**, serve over spaghetti noodles.  
Top with grated Romano or Asiago cheese; add a Caesar salad and some whole grain rolls

**Day 2: Beef Bourguignon**, serve sauce over beef and vegetables with potatoes au gratin and French-cut green beans

**Day 3: Easy Veg Crock Tacos**, with re-fried beans and Spanish rice

**Day 4: Chinese Ribs**, over fried rice with sautéed snow peas

**Day 5: Shrimp Chowder**, spinach salad (or use mixed baby greens). Add some crusty bread

## SHOPPING LIST:

### MEAT

6 boneless skinless chicken breast halves [D1]  
2 pounds boneless round beef roast [D2]  
4 1/2 pounds pork ribs [D4]  
1 pound cooked shrimp, peeled and deveined (or buy frozen) [D5]

### CONDIMENTS

Olive oil [D2] [D3]  
Vegetable oil [D1]  
Kalamata olives (3/4 cup, sliced) [D1]  
Red wine (1 cup) (if not using red grape juice and vinegar) [D2]  
Red grape juice (1 cup) (if not using red wine) [D2]  
Vinegar (splash) (if using red grape juice) [D2]  
Salsa (your favorite) (optional) [D3]  
1 (14.5-oz.) jar salsa (hot or extra hot is a good choice) [D5]  
Ketchup [D4]  
Rice wine vinegar [D4]  
Low sodium soy sauce [D4]  
Honey [D4]  
\*\*Caesar salad dressing [D1]

### PRODUCE

3 pounds onions (keep on hand) [D1] [D3] [D4] [D5]  
Garlic (6 cloves) [D1] [D2] [D4]  
Pearl onions (1 1/2 pounds) [D2]  
Baby carrots (1 1/2 pounds) [D2]  
Mushrooms (1 pound) [D2]  
Green bell pepper (1 large) [D1]  
Cilantro [D5]  
Green onions (6)  
Avocadoes (optional) [D3]  
Tomatoes (optional) [D3]  
Gingerroot (1 tablespoon, grated) [D4]  
Lettuce (optional) [D3]  
\*\*Romaine lettuce (1 meal) [D1]  
\*\*Snow peas (1 meal) [D4]  
\*\*Spinach (1 meal) [D5]

## CANNED GOODS

1 (14.5-oz.) can low sodium beef broth [D2]  
4 (14-oz.) can low sodium chicken broth [D5]  
32 ounces canned diced tomatoes [D1]  
1 (6-oz.) can tomato paste [D2]  
24 ounces tomato sauce [D3]  
32 ounces black beans [D3] [D5]  
1 (4-oz.) can diced green chilies [D3]  
\*\*Refried beans (1 meal) [D3]

## SPICES

Italian seasoning [D1]  
Bay leaves [D1] [D2]  
Crushed red pepper flakes [D1]  
Rosemary [D2]  
Garlic powder [D3]  
Cayenne pepper [D3]  
5 spice powder (or see [www.savingdinner.com](http://www.savingdinner.com) for recipe to make) [D4]

## DAIRY/DAIRY CASE

Butter [D2]  
Sour cream (optional) [D3]  
Cheddar cheese, shredded (optional) [D3]  
\*\*Romano OR Asiago cheese (optional) [D1]

## DRY GOODS

Flour [D2]  
Cornstarch [D4]  
Brown Rice [D5]  
\*\*Spaghetti noodles (1 meal) [D1]  
\*\*Potatoes au gratin (1 meal) [D2]  
\*\*Spanish rice (1 meal) [D3]  
\*\*Fried rice (1 meal) [D4]

## FREEZER

1 pound cooked shrimp, peeled and deveined (if not using fresh) [D5]  
2 pounds TVP crumbles [D3]  
Whole kernel corn (1 cup) [D3]  
1 (8-oz.) package frozen California blend mixed vegetables (no sauce) [D5]  
\*\*French-cut green beans (1 meal) [D2]

## BAKERY

6 corn tortillas [D3]  
\*\*Whole grain rolls (1 meal) [D1]  
\*\*Crusty 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.





## Chicken Crock-atore

Day 1 – Serves 6

### INGREDIENTS:

3 tablespoons vegetable oil	1 clove garlic, pressed
6 boneless skinless chicken breast halves	32 ounces canned diced tomatoes
Salt and pepper to taste	1 tablespoon Italian seasoning
1 cup chopped onion	1 bay leaf
1 cup chopped bell pepper, seeded and deribbed	1/3 teaspoon crushed red pepper flakes
	3/4 cup Kalamata olives, sliced

**COOKING INSTRUCTIONS:** Brown chicken breast halves in oil over medium-high heat. Don't worry about cooking them through; just brown them nicely on the outsides. Season with salt and pepper to taste and place in a slow cooker. In the same skillet, sauté onions, bell pepper and garlic till onions are translucent. Add tomatoes with their juice, Italian seasoning, bay leaf and crushed red pepper flakes. Bring to a boil, scraping up the browned bits from the bottom of the pan; simmer sauce for a few minutes to blend flavors. Pour sauce over chicken. Cover and cook on low heat setting for about 6 hours, or until chicken is done. Add sliced olives.

**NUTRITION per serving:** 321 Calories; 17g Fat; 29g Protein; 14g Carbohydrate; 3g Dietary Fiber; 68mg Cholesterol; 565mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 2 Vegetable; 0 Fruit; 3 Fat. **Points:** 7

**SERVING SUGGESTION:** Serve over spaghetti noodles. Top with grated Romano or Asiago cheese, if desired. Add a Caesar salad and some warm whole grain rolls.

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## Beef Bourguignon

Day 2 – Serves 6

### INGREDIENTS:

1 1/2 pounds baby carrots	3 cloves garlic, pressed
1 1/2 pounds pearl onions	1 cup red wine (or use red grape juice with a splash of vinegar)
2 pounds boneless round beef roast, cut into 2 inch pieces	1/3 cup low sodium beef broth
Salt and pepper to taste	1 1/2 tablespoons tomato paste
1 tablespoon olive oil	3/4 teaspoon rosemary
1 pound mushrooms, halved	1 bay leaf
6 green onions, chopped	3 tablespoons butter
	3 tablespoons flour

**COOKING INSTRUCTIONS:** Place carrots and pearl onions in the bottom of a 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. 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 skillet along with broth, tomato paste and rosemary. Bring to a boil, scraping up the browned bits from the bottom of the pan; transfer liquid to slow cooker. Add bay leaf, cover and cook on low heat setting for about 8 hours, or until beef is done. With a slotted spoon, remove beef, veggies and bay leaf and 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 SUGGESTION:** Serve sauce over beef and vegetables with potatoes au gratin and French-cut green beans on the side.

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## Easy Veg Crock Tacos

Day 3 – Serves 6

### INGREDIENTS:

1 cup chopped onion	3/4 cup water
1 tablespoon olive oil	6 corn tortillas (for hard OR soft taco shells-you decide)
2 pounds frozen TVP crumbles, thawed	
24 ounces black beans, drained	Garnishes (optional)
1 cup frozen whole kernel corn	Sour Cream
24 ounces tomato sauce	Guacamole
1 (4-oz.) can diced green chilies	Shredded cheddar cheese
Salt and pepper to taste	Diced tomatoes
1/3 teaspoon garlic powder	Shredded lettuce
1/4 teaspoon cayenne pepper	Salsa, your favorite brand

**COOKING INSTRUCTIONS:** In a skillet over medium heat, sauté onion in oil till onion is translucent. Place onion and remaining ingredients (except tortillas and garnishes) in a slow cooker. Blend well. Cover and cook on low heat setting for 8 hours. Serve in hard or soft taco shells (you choose) with your favorite toppings.

**NUTRITION per serving:** 338 Calories; 7g Fat; 31g Protein; 45g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 1004mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 3 1/2 Lean Meat; 2 Vegetable; 1 Fat. **Points:** 7

**SERVING SUGGESTION:** Serve with re-fried beans and Spanish rice.

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## Chinese Ribs

Day 4 – Serves 6

### INGREDIENTS:

3/4 cup ketchup	3/4 cup chopped onion
3 tablespoons honey	1 tablespoon fresh gingerroot, grated
3 tablespoons rice wine vinegar	2 cloves garlic, pressed
3 tablespoons low sodium soy sauce	4 1/2 pounds pork ribs, cut into individual ribs
1/3 teaspoon 5 spice powder (or make your own, go to <a href="http://www.savingdinner.com">www.savingdinner.com</a> for the recipe)	1 1/2 teaspoons cornstarch
	1 1/2 tablespoons water

**COOKING INSTRUCTIONS:** In a slow cooker, combine ketchup, honey, vinegar, soy sauce, 5 spice powder, onion, ginger and garlic. Place ribs in slow cooker. Cover and cook on low heat setting for about 6 hours. About 30 minutes before serving, mix together cornstarch and water until well mixed. Add to the juices in the slow cooker and blend well. Allow 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 SUGGESTION:** Serve over fried rice with sautéed snow peas on the side.

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# Spicy Shrimp Soup

Day 5 – Serves 6

## INGREDIENTS:

6 cups low sodium chicken broth	1 (8-oz.) package frozen California blend mixed vegetables (no sauce)
1 (14.5-oz.) jar spicy salsa (hot or extra hot is good in this soup)	8 ounces black beans, rinsed and drained
1 cup brown rice	1 pound cooked shrimp, peeled and deveined
3/4 cup chopped onion	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:** 8

**SERVING SUGGESTION:** A big spinach salad (or use mixed baby greens). Add some crusty bread.

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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 Fall E-Book**

**Volume 2**

# Crock Cooker E-Book

## Fall - Volume 2

<b>Week 1</b>	<p><b>Day 1: Crock Chicken Stew</b>, with steamed baby carrots and steamed broccoli</p> <p><b>Day 2: Slow Cooker Pork and Apples</b>, add baked sweet potatoes and steamed green beans</p> <p><b>Day 3: Crock Beef and Bean Burritos</b>, with a big salad</p> <p><b>Day 4: Crock Split Pea Soup</b>, add a big spinach salad and some crusty bread</p> <p><b>Day 5: Halibut in Wine Sauce</b>, with brown rice and steamed kale</p>
<b>Week 2</b>	<p><b>Day 1: Moroccan Crock Chicken</b>, with whole wheat couscous and steamed broccoli</p> <p><b>Day 2: Crock Navy Bean Soup</b>, add a big spinach salad and some crusty bread</p> <p><b>Day 3: Here's the Beef Chili</b>, topped with onion and cilantro and garnished with Cheddar cheese; add a big salad and some corn muffins</p> <p><b>Day 4: Tuna Salad a la Crock</b>, with sliced pears drizzled with honey and some whole grain rolls</p> <p><b>Day 5: Chili Verde Pork</b>, with brown rice and a big salad</p>
<b>Week 3</b>	<p><b>Day 1: Mock Crock Paella</b>, over saffron rice with a big spinach salad</p> <p><b>Day 2: Crock Braised Lamb</b>, over wide noodles with steamed green beans and baby carrots</p> <p><b>Day 3: Barbecue Crock Chicken</b>, serve on toasted buns; add coleslaw and raw baby carrots</p> <p><b>Day 4: Meat Crock Loaf</b>, with garlic mashed potatoes and steamed broccoli</p> <p><b>Day 5: Vegetarian Crock Lasagna</b>, add a big salad and some garlic toast</p>
<b>Week 4</b>	<p><b>Day 1: Scalloped Potatoes and Ham</b>, add a big spinach salad and a bowl of raw baby carrots</p> <p><b>Day 2: Crock Garlic Lemon Chicken</b>, with brown rice and steamed broccoli</p> <p><b>Day 3: Adam's Short Ribs</b>, add mashed russet potatoes and steamed green and yellow (wax) beans</p> <p><b>Day 4: Slow Cooker Lamb Tagine</b>, with wild rice pilaf and steamed baby carrots with petite green peas</p> <p><b>Day 5: Pesto Vegetable Strata</b>, add a big salad and some whole grain rolls</p>
<b>Week 5</b>	<p><b>Day 1: Portuguese Soupas</b>, and a big salad</p> <p><b>Day 2: Pork Steaks and Kraut</b>, with mashed russet potatoes and steamed green beans</p> <p><b>Day 3: Prosciutto Creamed Chicken</b>, add steamed red skinned potatoes and steamed broccoli</p> <p><b>Day 4: Balsamic Crock Lamb</b>, with steamed baby carrots and petite peas</p> <p><b>Day 5: Spinach Macaroni and Cheeze</b>, and a big salad</p>

<b>Week 6</b>	<p><b>Day 1: Crock Chicken and Peppers</b>, brown rice and a big salad</p> <p><b>Day 2: Crock Stroganoff</b>, wide noodles and steamed broccoli</p> <p><b>Day 3: Crock Cuban Beans and Sausage</b>, brown rice and steamed green beans</p> <p><b>Day 4: Italian Lentil Stew</b>, spinach salad and warm, crusty bread</p> <p><b>Day 5: Halibut in Wine Sauce</b>, red potatoes, baby carrots, and asparagus</p>
<b>Week 7</b>	<p><b>Day 1: Chinese Crock Chicken</b>, Stir-fried veggies and egg rolls</p> <p><b>Day 2: Crock Meatballs</b>, brown rice, corn on the cob and a spinach salad</p> <p><b>Day 3: Old Fashioned Baked Beans in a Crock</b>, salad and some crusty whole wheat bread</p> <p><b>Day 4: Slow Cooker Pork and Apples</b>, red potatoes and broccoli</p> <p><b>Day 5: Lamb Korma</b>, whole wheat couscous, baby carrots, and petite peas with pearl onions</p>
<b>Week 8</b>	<p><b>Day 1: Crock Chicken Provencal</b>, with steamed red potatoes and steamed green beans</p> <p><b>Day 2: Shredded Crock Beef</b>, add brown rice and steamed broccoli</p> <p><b>Day 3: Cowboy Beans</b>, add some crusty bread with a big spinach salad on the side</p> <p><b>Day 4: Quick and Easy Veggie Slow Cooker Spaghetti Sauce</b>, served over your favorite pasta and add a salad and garlic toast</p> <p><b>Day 5: Seafood Paella</b>, with steamed asparagus and a salad</p>
<b>Week 9</b>	<p><b>Day 1: Mama's Chicken Stew</b>, with mashed russet potatoes and steamed green and yellow beans</p> <p><b>Day 2: Crock Cranberry Beef</b>, add broccoli slaw and raw baby carrots</p> <p><b>Day 3: White Beans and Garlic</b>, with spinach salad and some crusty bread</p> <p><b>Day 4: Tex Mex Pork Wraps</b>, add corn on the cob and a salad</p> <p><b>Day 5: Lamb Tajine</b>, with steamed red potatoes, petite peas, and steamed baby carrots</p>
<b>Week 10</b>	<p><b>Day 1: Autumn Tuscany Chicken</b>, with a big salad and some whole grain rolls</p> <p><b>Day 2: Crock Navy Bean Soup</b>, add a big spinach salad and some crusty bread</p> <p><b>Day 3: Barbecued Beef in a Pot</b>, and a bowl of coleslaw with a bowl of raw baby carrots</p> <p><b>Day 4: Creamy Mexican Crock Pork Stew</b>, with black beans, salad, and corn muffins</p> <p><b>Day 5: Crock Cajun Turkey</b>, with brown rice, corn on the cob, and a salad</p>



# Crock Cooker Menu-Mailer and Shopping – Six Servings

Fall

Volume 2 - Week 1

## MENU:

**Day 1: Crock Chicken Stew**, with steamed baby carrots and steamed broccoli

**Day 2: Slow Cooker Pork and Apples**, add baked sweet potatoes and steamed green beans

**Day 3: Crock Beef and Bean Burritos**, with a big salad

**Day 4: Crock Split Pea Soup**, add a big spinach salad and some crusty bread

**Day 5: Halibut in Wine Sauce**, with brown rice and steamed kale

## SHOPPING LIST:

### MEAT

6 skinless chicken thighs [D1]

3 1/2 pounds pork roast [D2]

1/2 pound London broil (or 1 pound—see Leanne's Note) [D3]

6 halibut steaks—or buy frozen [D5]

### CONDIMENTS

Olive oil [D2]

Vegetable oil [D1]

Vinegar—if not using white wine [D5]

Balsamic vinegar [D3]

Worcestershire sauce [D4]

Salsa [D3]

Sherry (need 1/3 cup)—or use apple cider [D2]

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

Apple brandy (need 2 tablespoons)—OPTIONAL [D2]

Apple cider (need 1 1/4 cups) [D2]

White grape juice—if not using white wine [D5]

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

### PRODUCE

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

New potatoes (need 2 cups cubed) [D1]

Russet potatoes (need 1 cup diced) [D4]

Green beans (1/2 pound) [D1] \*\*Additional (1 meal) [D2]

Green onions (need 1/2 cup sliced) [D1]

Carrots (need 3 to 4 medium) [D2,D4]

Celery (need 1 cup chopped) [D4]

Granny Smith apples (need 3) [D2]

Lemons (need 2) [D5]

\*\*Sweet potatoes (1 meal) [D2]

\*\*Baby carrots (1 meal) [D1]

\*\*Broccoli (1 meal) [D1]

\*\*Spinach (1 meal) [D4]

\*\*Kale (1 meal) [D5]

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

\*\*Salad veggies—your choice [D3]

## CANNED GOODS

Low sodium chicken broth (need 4 (14.5-oz.) cans) [D1,D4]

1 (16-oz.) can black beans [D3]

1 (4-oz.) can diced green chilies [D3]

## SPICES

Thyme [D1]

Sage [D1,D5]

Marjoram [D2]

Allspice [D2]

Rosemary [D2]

Garlic powder [D4]

Bay leaves [D4]

Parsley flakes [D5]

## DAIRY/DAIRY CASE

Butter [D5]

Half and half (need 2/3 cup) U.K. Members: Half and half is half milk and half cream [D1]

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

Low fat sour cream (need 6 tablespoons) [D3]

Cheddar cheese (need 3/4 cup shredded) [D3]

## DRY GOODS

Flour [D1,D5]

1 (1.25-oz.) envelope taco seasoning mix [D3]

1 pound split peas [D4]

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

## FREEZER

6 halibut steaks—if not using fresh [D5]

## BAKERY

6 flour tortillas (whole wheat, if available) [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...

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 Chicken Stew

### INGREDIENTS: (Serves 6)

1 tablespoon vegetable oil  
6 skinless chicken thighs, cut into 3/4-inch cubes  
2 (14.5 oz.) cans low sodium chicken broth  
1 cup water  
1/2 cup sliced green onions  
1 teaspoon thyme

1/8 teaspoon sage  
Salt and pepper to taste  
2 cups cubed new potatoes,  
unpeeled  
1/2 pound fresh green beans, cut up  
1/3 cup flour  
2/3 cup half and half



**COOKING INSTRUCTIONS:** Heat the oil in a large skillet over medium heat; brown chicken; transfer to slow cooker; add chicken broth, water, green onions, seasonings and potatoes. Cover and cook on High for 4 hours, then add green beans and cook for an additional 1 hour or until green beans are tender (depending on the make, model and/or age of your appliance). OR, cook on low for 8 hours with just the chicken, onions and seasonings and add the potatoes and green beans, already cooked, right before serving. One hour before serving, combine flour and half and half, blending until smooth; gradually stir into stew; cook and stir until thickened.

**LEANNE'S NOTE:** Partially frozen chicken is easier to cut.

**NUTRITION per serving:** 223 Calories; 11g Fat; 11g Protein; 19g Carbohydrate; 2g Dietary Fiber; 30mg Cholesterol; 562mg Sodium. **Exchanges:** 1 Grain (Starch); 1 Lean Meat; 1/2 Vegetable; 1 1/2 Fat. **Points:** 5

**SERVING SUGGESTIONS:** Steamed baby carrots and steamed broccoli.

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## Slow Cooker Pork and Apples

### INGREDIENTS: (Serves 6)

3 tablespoons olive oil  
3 1/2 pounds pork roast, cubed  
Salt and pepper to taste  
2 1/4 cups chopped onions  
2 1/4 cups sliced carrots  
3 Granny Smith apples, peeled, cored and quartered  
1 1/4 cups apple cider

1/3 cup sherry (or use additional  
apple cider)  
2 tablespoons apple brandy—  
OPTIONAL  
3/4 teaspoon marjoram  
1/3 teaspoon allspice  
1/3 teaspoon rosemary



**COOKING INSTRUCTIONS:** In a large skillet, brown pork cubes in the oil over medium heat (don't worry about cooking them all the way through, just lightly brown them on the outside); season with salt and pepper to taste; transfer to slow cooker. In the same skillet, add onions, carrots and apple; cook until onions are translucent and apples are tender; transfer to slow cooker. Add cider, sherry, brandy, marjoram, allspice, and rosemary to the skillet. Bring to a boil, whisking up all of the browned bits from the bottom of the pan; pour this liquid over the pork in the slow cooker. Cover and cook on Low for about 7 hours.

**NUTRITION per serving:** 578 Calories; 32g Fat; 41g Protein; 25g Carbohydrate; 4g Dietary Fiber; 131mg Cholesterol; 136mg Sodium. **Exchanges:** 0 Grain (Starch); 5 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fruit; 3 Fat. **Points:** 13

**SERVING SUGGESTIONS:** Baked sweet potatoes and steamed green beans.

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## Crock Beef and Bean Burritos

### INGREDIENTS: (Serves 6)

1/2 pound London broil, trimmed of fat  
 1 (1.25-oz.) envelope taco seasoning mix  
 3/4 cup chopped onion  
 1 tablespoon balsamic vinegar  
 1 (4-oz.) can diced green chilies  
 1 (16-oz.) can black beans, rinsed and drained

6 flour tortillas (whole wheat, if available)  
 3/4 cup shredded low fat Cheddar cheese  
 6 tablespoons low fat sour cream  
 6 tablespoons salsa—your favorite



**COOKING INSTRUCTIONS:** Place first five ingredients in slow cooker; cover and cook on Low for 8 to 9 hours. When cooked, remove meat and shred with two forks. Combine shredded meat and cooking liquid; set aside. In a saucepan, heat black beans (add a little water if they're sticking). Warm the tortillas. Spread beans on tortillas; add meat, cheese, sour cream and salsa. Fold up burrito-style and serve.

**LEANNE'S NOTE:** You can also use more beef - like a pound total, and freeze half for later use, plus a large quantity works better in the slow cooker. No need to double other ingredients.

**NUTRITION per serving:** 528 Calories; 16g Fat; 25g Protein; 69g Carbohydrate; 8g Dietary Fiber; 32mg Cholesterol; 932mg Sodium. **Exchanges:** 4 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 11

**SERVING SUGGESTIONS:** Serve a big salad on the side.

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## Crock Split Pea Soup

### INGREDIENTS: (Serves 6)

1 quart water  
 2 (14.5 ounce) cans low sodium chicken broth  
 1 pound split peas  
 1 cup chopped onion  
 1 cup chopped celery

1 cup peeled and diced russet potatoes  
 1 to 2 medium carrots, shredded  
 1/8 teaspoon Worcestershire sauce  
 1 teaspoon garlic powder  
 1/2 bay leaf  
 Salt and pepper to taste



**COOKING INSTRUCTIONS:** Place all ingredients in slow cooker EXCEPT the salt. NEVER add salt to legumes till AFTER they're soft.

Cover and cook on Low all day (6 to 8 hours). Remove bay leaf and season with salt and pepper before serving.

**NUTRITION per serving:** 222 Calories; 1g Fat; 15g Protein; 41g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 567mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 1 Lean Meat; 1/2 Vegetable. **Points:** 1

**SERVING SUGGESTIONS:** Serve a big spinach salad on the side; add some crusty bread.

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## Halibut in Wine Sauce

**INGREDIENTS:** (Serves 6)

6 halibut steaks, fresh or frozen

1/4 cup butter, melted

2 tablespoons flour

1/3 cup white wine (or use white grape juice with a splash of vinegar)

1/3 cup heavy (whipping) cream

Salt and pepper to taste

1 teaspoon lemon zest (peel)

2 lemons, juiced

1 teaspoon dried sage

1 teaspoon dried parsley flakes

**COOKING INSTRUCTIONS:** Place halibut steaks in slow cooker.

In a saucepan over medium heat, whisk together melted butter and flour to form a smooth paste; stir until smooth, but don't scorch the flour. Gradually add wine and cream and continue to cook over low heat until sauce thickens slightly.

Zest lemons until you have 1 teaspoon of fresh lemon peel. Make sure you get only the yellow part and not the white inner pith. Then juice both lemons.

Add salt, pepper, lemon zest and lemon juice to sauce; blend well and pour over fish in slow cooker.

Cover and cook on Low for 5 to 6 hours.

About 5 minutes before serving, 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; 2 1/2 Fat. **Points:** 8

**SERVING SUGGESTIONS:** Brown rice and steamed kale.

# Crock Cooker Menu-Mailer and Shopping – Six Servings

Fall

Volume 2 - Week 2

## MENU:

**Day 1: Moroccan Crock Chicken**, with whole wheat couscous and steamed broccoli

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

**Day 3: Here's the Beef Chili**, topped with onion and cilantro and garnished with Cheddar cheese; add a big salad and some corn muffins

**Day 4: Tuna Salad a la Crock**, with sliced pears drizzled with honey and some whole grain rolls

**Day 5: Chili Verde Pork**, with brown rice and a big salad

## SHOPPING LIST:

### MEAT

6 boneless skinless chicken breast halves [D1]

1 (4-pound) beef roast [D3]

3 1/2 pounds boneless pork loin [D5]

### CONDIMENTS

Olive oil [D4,D5]

Vegetable oil [D3]

Red wine vinegar [D4]

Peanut butter [D1]

\*\*Honey [D4]

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

### PRODUCE

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

\*\*Additional (for garnish) [D3]

Red onion (need 1 small) [D4]

Garlic (need 12 cloves) [D1,D2,D3,D4,D5]

Green bell peppers (need 1 large and 3 medium) [D3,D5]

Red bell peppers (need 1 cup chopped) [D1]

Jalapeno peppers (need 3 or 4) [D3,D5]

Plum (Roma) tomatoes (need 12 ounces) [D1]

Celery (need 1 medium stalk) [D2]

Parsley (need 2 tablespoons chopped) [D4]

\*\*Cilantro (chopped, for garnish) [D3]

\*\*Broccoli (1 meal) [D1]

\*\*Spinach (1 meal) [D2]

\*\*Lettuce for 2 salads (not Iceberg—no nutrition) [D3,D5]

\*\*Salad veggies—your choice [D3,D5]

\*\*Pears (1 meal) [D4]

## CANNED GOODS

1 (12-oz.) can solid white tuna packed in water [D4]

Low sodium chicken broth (need 7 cups) [D1,D2,D5]

Low sodium beef broth (need 1 1/2 cups)—if not using beer or non-alcoholic beer [D3]

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

2 (14.5-oz.) cans diced tomatoes [D2,D4]

Tomato paste (need 2 tablespoons) [D1]

Chili Verde green sauce (need 12 ounces) [D5]

## SPICES

Cumin [D1,D3]

Bay leaves [D2]

Chili powder [D3]

Oregano [D3]

## DAIRY/DAIRY CASE

\*\*Butter

\*\*Cheddar cheese (shredded, for garnish) [D3]

## DRY GOODS

1 pound navy beans [D2]

1 pound white beans [D4]

Raisins (need 1/2 cup) [D1]

\*\*Whole wheat couscous (1 meal) [D1]

\*\*Brown rice (1 meal)

## BAKERY

\*\*Crusty bread (1 meal) [D2]

\*\*Whole wheat rolls (1 meal) [D4]

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

## OTHER

Beer OR non-alcoholic beer (need 1 1/2 cups) [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.

## Moroccan Crock Chicken

### INGREDIENTS: (Serves 6)

2 (16-oz.) cans garbanzo beans, drained  
12 ounces plum (Roma) tomatoes, cut into 1-inch cubes (about 2 cups)  
1 cup red bell pepper, seeded, de-ribbed and cut into 1 inch squares  
3/4 cup chopped onion  
1/2 cup raisins

2 tablespoons tomato paste  
3 cloves garlic, pressed  
1/4 cup low sodium chicken broth  
1 1/2 teaspoons ground cumin  
6 boneless skinless chicken breast halves, cut into 1-inch cubes  
2 tablespoons peanut butter



**COOKING INSTRUCTIONS:** Place garbanzo beans, tomatoes, bell pepper, onion, raisins, tomato paste, garlic, broth and cumin in slow cooker; blend well. Add chicken cubes. Cover and cook on Low for 6 to 7 hours, or until chicken is tender; add peanut butter; blend well, then serve.

**NUTRITION per serving:** 461 Calories; 13g Fat; 35g Protein; 53g Carbohydrate; 9g Dietary Fiber; 73mg Cholesterol; 608mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 1 Fat. **Points:** 10

**SERVING SUGGESTIONS:** Whole wheat couscous and steamed broccoli.

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

## Crock Navy Bean Soup

### INGREDIENTS: (Serves 6)

1 pound dried navy beans, sorted, rinsed and soaked overnight  
6 cups low sodium chicken broth  
3/4 cup chopped onion  
1/3 cup chopped celery

2 cloves garlic, pressed  
1/2 bay leaf  
1 (14.5-oz.) can diced tomatoes, undrained  
Salt and pepper to taste



**COOKING INSTRUCTIONS:** Combine first six ingredients in slow cooker; cover and 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. Adding tomatoes and salt too soon can slow the softening process of the bean so be sure they are soft.

**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 SUGGESTIONS:** Serve a big spinach salad on the side; add some crusty bread.

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## Here's the Beef Chili

### INGREDIENTS: (Serves 6)

1/4 cup vegetable oil, divided	2 cloves garlic, pressed
1 (4-pound) beef roast, trimmed and cut into 1-inch pieces	1/3 cup chili powder
1 1/2 cups chopped onions	1 tablespoon oregano
2 1/4 cups seeded, de-ribbed and chopped green bell peppers	1 tablespoon cumin
2 or 3 jalapeno peppers, seeded, de-ribbed and chopped (depending on your heat tolerance)	Salt and pepper to taste
	1 1/2 cups beer (or non alcoholic beer OR low sodium beef broth)



**COOKING INSTRUCTIONS:** In a large skillet, brown the beef in about 2 tablespoons of 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. Sauté onions, bell pepper and jalapeno in remaining oil; add chili powder, garlic, oregano, cumin, salt and pepper to taste and beer (or broth). Scrape up all of the browned bits from the bottom of the skillet and pour this liquid into slow cooker. Cover and cook on Low for 7 to 8 hours.

**LEANNE'S NOTE:** This is a Five Alarm Chili!!! Those faint of heart should feel free to adjust seasonings to their heat tolerance.

**NUTRITION per serving:** 581 Calories; 25g Fat; 69g Protein; 14g Carbohydrate; 5g Dietary Fiber; 176mg Cholesterol; 240mg Sodium. **Exchanges:** 1/2 Grain (Starch); 9 1/2 Lean Meat; 1 1/2 Vegetable; 2 Fat. **Points:** 13

**SERVING SUGGESTIONS:** Serve the chili in bowls topped with finely chopped onion and cilantro and garnished with shredded Cheddar cheese; add a big salad and some corn muffins.

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**DO-AHEAD TIP:** Sort, rinse and soak beans overnight. Prep tuna mixture, if desired. Refrigerate entire salad for at least 1 hour before serving.

## Tuna Salad a la Crock

### INGREDIENTS: (Serves 6)

1 pound dried white beans, sorted, rinsed and soaked overnight	1/2 cup minced red onion
Water	3 tablespoons red wine vinegar
1 (12-oz.) can solid white tuna packed in water, drained	2 cloves garlic, pressed
1 (14.5-oz.) can diced tomatoes, drained	3/4 cup olive oil
	Salt and pepper to taste
	2 tablespoons chopped fresh parsley



**COOKING INSTRUCTIONS:** Sort, rinse and 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 serving, 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 allow them to sit until they reach room temperature. Combine cooled beans and tuna mixture in a serving bowl; toss gently; refrigerate for about 1 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. **Points:** 10

**SERVING SUGGESTIONS:** Sliced pears drizzled with honey; add some whole grain rolls.

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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 cup chopped onion

3 cloves garlic, pressed

1 cup seeded, de-ribbed and  
chopped green bell pepper

1 jalapeno pepper, seeded, de-  
ribbed and chopped

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; 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, topped with sauce.

**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:** Serve with brown rice; add a big salad.

# Crock Cooker Menu-Mailer and Shopping – Six Servings

Fall

Volume 2 - Week 3

## MENU:

- Day 1: Mock Crock Paella**, over saffron rice with a big spinach salad
- Day 2: Crock Braised Lamb**, over wide noodles with steamed green beans and baby carrots
- Day 3: Barbecue Crock Chicken**, serve on toasted buns; add coleslaw and raw baby carrots
- Day 4: Meat Crock Loaf**, with garlic mashed potatoes and steamed broccoli
- Day 5: Vegetarian Crock Lasagna**, add a big salad and some garlic toast

## SHOPPING LIST:

### MEAT

- 1 (4 pound) skinless chicken [D1]
- 3 boneless skinless chicken breast halves [D3]
- 6 ounces smoked ham [D1]
- 6 lamb shanks [D2]
- 1 1/2 pounds extra-lean ground beef [D4]
- 1/2 pound medium shrimp, peeled and deveined (or buy frozen) [D1]

### CONDIMENTS

- Olive oil [D1,D5]
- Cider vinegar [D3]
- Low sodium soy sauce [D3]
- Worcestershire sauce [D3]
- Ketchup [D3]
- Kalamata olives (1 1/2 cups sliced) [D2]
- \*\*Mayonnaise [D3]
- \*\*Rice vinegar [D3]
- \*\*Salad dressing(s) (your choice) [D5]

### PRODUCE

- 3 pounds onions (keep on hand) [D1,D2,D4,D5]
- Garlic (10 cloves) [D1,D2,D4,D5] \*\*Additional (1 meal) [D4]
- Green bell peppers (1 large plus 3/4 cup chopped) [D1,D4]
- 1 (16-oz.) bag washed spinach [D5] \*\*Additional (1 meal) [D1]
- Lemons (1 large) [D1]
- \*\*Russet potatoes (1 meal) [D4]
- \*\*Green beans (1 meal) [D2]
- \*\*Broccoli (1 meal) [D4]
- \*\*Baby carrots (2 meals) [D2,D3]
- \*\*Coleslaw mix (1 meal) [D3]
- \*\*Lettuce for 1 salad (not Iceberg, no nutrition) [D5]
- \*\*Salad veggies (your choice) [D5]

## CANNED GOODS

- Low sodium chicken broth OR vegetable broth (2 cups) [D1]
- 1 (28-oz.) can/jar spaghetti sauce (your favorite) [D5]
- 3 (14.5-oz.) cans diced tomatoes [D2]
- 1 (8-oz.) can tomato sauce [D4]
- Tomato paste (9 ounces) [D2]

## SPICES

- Oregano [D1]
- Rosemary [D2]
- Crushed red pepper flakes [D1,D3]
- Cinnamon sticks [D2]
- Whole cloves [D2]
- Garlic powder [D3,D5]
- Italian seasoning [D4]

## DAIRY/DAIRY CASE

- Eggs (1) [D4]
- Low fat Cottage cheese (1 1/2 cups) [D5]
- Part skim milk Mozzarella cheese (2 cups shredded) [D4,D5]
- Parmesan cheese (1/2 cup grated) [D5]
- \*\*Butter [D5]
- \*\*Milk (for mashed potatoes) [D4]

## DRY GOODS

- Brown sugar [D3]
- Italian bread crumbs (1/3 cup) [D4]
- 1 package Lasagna noodles [D5]
- \*\*Saffron rice (1 meal) [D1]
- \*\*Wide noodles (1 meal) [D2]

## FREEZER

- 1/2 pound medium shrimp, peeled and deveined (if not using fresh) [D1]
- Petite green peas (1 cup) [D1]

## BAKERY

- \*\*Whole wheat burger buns (1 meal) [D3]
- \*\*Bread for garlic toast (1 meal) [D5]

## OTHER

- Aluminum foil wrap [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.



## Mock Crock Paella

### INGREDIENTS: (Serves 6)

1 tablespoon olive oil  
1 (4 pound) skinless chicken, cut into pieces  
1 large lemon, juiced  
6 ounces smoked ham, cubed  
1 cup chopped onion  
1 large green bell pepper, seeded, deribbed and chopped  
4 cloves garlic, pressed

2 cups low sodium chicken broth OR vegetable broth  
1 teaspoon oregano  
1/4 teaspoon crushed red pepper flakes  
Salt and pepper, to taste  
1 cup frozen petite green peas  
1/2 pound medium shrimp, peeled and deveined



**COOKING INSTRUCTIONS:** In a large skillet over medium heat, brown chicken in the oil. (Don't worry about cooking it through, you just want it nice and golden brown on the outside.) Remove from skillet and drizzle with lemon juice.

Add cubed ham, onion, bell pepper and garlic to the skillet and sauté till onion is translucent; place in slow cooker, then place chicken on top.

To the skillet, add broth, oregano, crushed red pepper flakes and salt and pepper to taste. Scrape up all the browned bits from the bottom of the pan and pour this liquid over the chicken. Cover and cook on Low for about 6 hours.

About 20 minutes before serving, add frozen peas and shrimp. Raise heat setting to High, cover and cook for 20 minutes, or until shrimp are pink.

**NUTRITION per serving:** 521 Calories; 12g Fat; 89g Protein; 9g Carbohydrate; 2g Dietary Fiber; 263mg Cholesterol; 471mg Sodium. **Exchanges:** 0 Grain (Starch); 12 Lean Meat; 1/2 Vegetable; 1 Fat. **Points:** 11

**SERVING SUGGESTIONS:** Serve over saffron rice (you can find these packages of rice in your grocery store on the rice aisle); add a big spinach salad.

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## Crock Braised Lamb

### INGREDIENTS: (Serves 6)

1 1/2 cinnamon sticks  
5 whole cloves  
1 1/2 cups chopped onion  
3 cloves garlic, pressed  
2 teaspoons dried rosemary  
6 lamb shanks

Salt and pepper, to taste  
3 (14.5-oz.) cans diced tomatoes, undrained  
9 ounces canned tomato paste  
1 1/2 cups pitted and sliced Kalamata olives



**COOKING INSTRUCTIONS:** Place cinnamon sticks, cloves, chopped onion, garlic and rosemary in slow cooker; place lamb shanks on top; salt and pepper to taste; pour tomatoes and their liquid over lamb.

Cover and cook on Low for 7 to 8 hours.

15 minutes before serving, raise heat setting to High and add tomato paste and olives; cover and cook for remaining 15 minutes.

Remove cinnamon sticks and cloves; serve.

**NUTRITION per serving:** 334 Calories; 22g Fat; 10g Protein; 31g Carbohydrate; 8g Dietary Fiber; 19mg Cholesterol; 1329mg Sodium. **Exchanges:** 1/2 Grain (Starch); 1 Lean Meat; 4 Vegetable; 3 1/2 Fat. **Points:** 8

**SERVING SUGGESTIONS:** Serve lamb over wide noodles topped with slow cooker juices. Serve steamed green beans and baby carrots on the side.

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## Barbecue 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.

Add the chicken, tossing to coat in the sauce. Cover and cook on Low for 6 to 8 hours or on High for 3 to 4 hours, or until chicken is fully cooked.

Shred or cut up the chicken and return it to the BBQ sauce in the slow cooker; blend well so that all chicken is coated.

**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; 1 1/2 Other Carbohydrates. **Points:** 4

**SERVING SUGGESTIONS:** Serve chicken and BBQ sauce on lightly toasted whole wheat burger buns. Serve with a 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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## Meat Crock Loaf

### INGREDIENTS: (Serves 6)

1 (8-oz.) can tomato sauce  
2 teaspoons Italian seasoning  
1 egg, beaten  
3/4 cup chopped onion  
1/3 cup dry Italian bread crumbs  
3/4 cup chopped green bell pepper

3/4 cup chopped green bell pepper  
1 clove garlic, pressed  
Salt and pepper, to taste  
1 1/2 pounds extra-lean ground beef  
1/2 cup shredded part skim milk  
Mozzarella cheese  
Aluminum foil wrap



### COOKING INSTRUCTIONS: In a small bowl, combine tomato sauce and Italian seasoning; reserve 1/3 cup and set aside, covered, in refrigerator.

In a large bowl, combine remaining tomato sauce mixture with egg, onion, bread crumbs, bell pepper, garlic and salt and pepper; blend well, then add ground beef; mix thoroughly with very clean hands, then form into a round loaf.

Take 2 strips of aluminum foil, each about 15 inches long, and form an "x"; place in slow cooker; place meat on top of foil, being careful to NOT let the meatloaf touch the sides of the slow cooker.

Cover and cook on Low for 8 to 10 hours or on High for 4 to 5 hours.

During the last 10 minutes of cooking time, pour reserved tomato sauce mixture on top of meatloaf and sprinkle with the Mozzarella cheese. Cover and cook for remaining 10 minutes.

Using the foil strips, slowly and carefully pull the meatloaf from the slow cooker to a serving plate; gently pull foil strips from under meatloaf. Allow loaf to sit for about 5 minutes, then slice and serve.

**NUTRITION per serving:** Garlic mashed potatoes and steamed broccoli.

**SERVING SUGGESTIONS:** 267 Calories; 17g Fat; 20g Protein; 8g Carbohydrate; 1g Dietary Fiber; 88mg Cholesterol; 397mg Sodium. **Exchanges:** 0 Grain (Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 2 Fat. **Points:** 7

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## Vegetarian Crock Lasagna

**INGREDIENTS:** (Serves 6)

1 tablespoon olive oil  
1 cup chopped onion  
2 cloves garlic, pressed  
1 (28 oz.) can/jar spaghetti sauce (your favorite)  
1 1/2 cups low fat Cottage cheese

1/2 cup grated Parmesan cheese  
1 1/2 cups shredded part skim milk  
Mozzarella cheese  
1 (16-oz.) bag washed spinach,  
chopped  
1 package Lasagna noodles



**COOKING INSTRUCTIONS:** In a skillet, sauté onion and garlic in the oil over medium-high heat until onion is translucent; add spaghetti sauce; blend well.

In a bowl, combine the three cheeses.

Spread a layer of spinach on the bottom of your slow cooker, then spoon on a layer of sauce, then a layer of cheese mixture. Add a double layer of the uncooked Lasagna noodles (you will most likely have to break them to fit). Top the noodles with another layer of spinach, a portion of the cheese mixture, then sauce, noodles, spinach and cheese again, till it's all gone.

Cover and cook on Low for 4 to 6 hours, or until noodles are tender.

**NUTRITION per serving:** 399 Calories; 19g Fat; 22g Protein; 38g Carbohydrate; 7g Dietary Fiber; 33mg Cholesterol; 1174mg Sodium. **Exchanges:** 1/2 Grain (Starch); 2 Lean Meat; 5 Vegetable; 3 Fat. **Points:** 9

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



# Crock Cooker Menu-Mailer and Shopping – Six Servings

Fall

Volume 2 - Week 4

## MENU:

**Day 1: Scalloped Potatoes and Ham**, add a big spinach salad and a bowl of raw baby carrots

**Day 2: Crock Garlic Lemon Chicken**, with brown rice and steamed broccoli

**Day 3: Adam's Short Ribs**, add mashed russet potatoes and steamed green and yellow (wax) beans

**Day 4: Slow Cooker Lamb Tagine**, with wild rice pilaf and steamed baby carrots with petite green peas

**Day 5: Pesto Vegetable Strata**, add a big salad and some whole grain rolls

## SHOPPING LIST:

### MEAT

1 1/2 pounds ham [D1]

6 boneless skinless chicken breast halves [D2]

3 pounds beef short ribs [D3]

2 1/2 pounds lamb meat (or beef) [D4]

### CONDIMENTS

Olive oil [D4,D5]

Apple cider vinegar [D3]

Mustard [D3]

Worcestershire sauce [D3]

Pesto [D5]

\*\*Salad dressing(s) (your choice) [D5]

### PRODUCE

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

Garlic (2 cloves) [D2]

Celery (1 medium stalk) [D1]

Tomatoes (2 medium) [D3,D5]

Zucchini (1 medium) [D5]

Red bell peppers (1 medium) [D5]

New potatoes (2 pounds plus 3 large) [D1,D5]

Lemons (3 tablespoons juice) [D2]

Pears (5) [D4]

\*\*Spinach (1 meal) [D1]

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

\*\*Broccoli (1 meal) [D2]

\*\*Green and yellow (wax) beans (1 meal) [D3]

\*\*Russet potatoes (1 meal) [D3]

\*\*Lettuce for 1 salad (not Iceberg, no nutrition) [D5]

\*\*Salad veggies (your choice) [D5]

## CANNED GOODS

Low sodium chicken broth (1 1/2 cups) [D1,D2]

Low sodium beef broth (1/2 cup) [D3]

Low sodium vegetable broth (1 1/2 cups) [D5]

Tomato paste (1/3 cup) [D3]

White beans (2 cups drained) [D5]

## SPICES

Paprika [D1]

Oregano [D2]

Cumin [D4]

Coriander [D4]

Ginger [D4]

Cinnamon [D4]

## DAIRY/DAIRY CASE

Butter [D1,D2]

Low fat milk (1/2 cup) [D1] \*\*Additional (for mashed potatoes) [D3]

Low fat Cheddar cheese (1 cup shredded) [D1]

## DRY GOODS

All-purpose flour [D1]

Cornstarch [D3]

Brown sugar [D3]

Raisins (1/2 cup) [D4]

Almonds (1/2 cup slivered) [D4]

\*\*Brown rice (1 meal) [D2]

\*\*Wild rice pilaf (1 meal) [D4]

## FREEZER

\*\*Petite green peas (1 meal) [D4]

## BAKERY

\*\*Whole grain rolls (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.



## Scalloped Potatoes and Ham

**INGREDIENTS:** (Serves 6)

1 tablespoon butter  
3 tablespoons all purpose flour  
1/2 cup low sodium chicken broth  
1/2 cup low fat milk  
1 medium stalk celery, thinly sliced

1 1/2 pounds ham, roughly diced  
2 pounds new potatoes, thinly sliced  
2 medium onions, thinly sliced  
Salt and pepper, to taste  
Paprika, to taste  
1 cup shredded low fat Cheddar cheese



**COOKING INSTRUCTIONS:** In a saucepan over medium heat, combine butter, flour, broth, milk and celery until smooth. Bring to a low boil, reduce heat and simmer until sauce has thickened.  
In slow cooker, layer half of the ham, potatoes, and onions; season with salt, pepper and paprika and top with half of the shredded cheese. Repeat layers.  
Pour celery sauce over ham and vegetables. Cover and cook on Low for about 8 hours.

**NUTRITION per serving:** A big spinach salad and a bowl of raw baby carrots.

**SERVING SUGGESTIONS:** 314 Calories; 12g Fat; 23g Protein; 29g Carbohydrate; 2g Dietary Fiber; 57mg Cholesterol; 1274mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 3 Lean Meat; 1/2 Vegetable; 1 Fat. **Points:** 7

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## Crock Garlic Lemon Chicken

**INGREDIENTS:** (Serves 6)

1 teaspoon oregano  
Salt and pepper, to taste  
6 boneless skinless chicken breast halves

2 tablespoons melted butter  
3 tablespoons lemon juice  
2 cloves pressed garlic  
1 cup low sodium chicken broth



**COOKING INSTRUCTIONS:** Sprinkle chicken with oregano, salt and pepper.  
In a mixing bowl, combine remaining ingredients.  
Place chicken in slow cooker and pour sauce on top.  
Cover and cook on Low for about 7 hours, or until chicken is cooked through.

**NUTRITION per serving:** 176 Calories; 5g Fat; 29g Protein; 1g Carbohydrate; trace Dietary Fiber; 79mg Cholesterol; 202mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 1 Fat. **Points:** 4

**SERVING SUGGESTIONS:** Brown rice and steamed broccoli.

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## Adam's Short Ribs

### INGREDIENTS: (Serves 6)

1/2 cup water  
1/3 cup tomato paste  
1/4 cup brown sugar  
1 1/2 tablespoons mustard  
Salt and pepper, to taste  
1 tablespoon apple cider vinegar

1 1/2 teaspoons Worcestershire sauce  
1/2 cup low sodium beef broth  
3 pounds beef short ribs  
1 medium tomato, chopped  
3/4 cup chopped onion  
1 1/2 tablespoons cornstarch  
1 1/2 tablespoons water



**COOKING INSTRUCTIONS:** Combine first eight ingredients (water through beef broth) in a mixing bowl. Place ribs, tomatoes and onions in slow cooker; pour sauce on top. Cover and cook on Low for 4 to 6 hours, or until ribs are cooked through.

Thirty minutes before serving, combine cornstarch and water to a smooth paste; pour into slow cooker and blend well. Raise heat setting to High and continue to cook until sauce has thickened.

**NUTRITION per serving:** 392 Calories; 31g Fat; 14g Protein; 14g Carbohydrate; 1g Dietary Fiber; 65mg Cholesterol; 225mg Sodium. **Exchanges:** 0 Grain (Starch); 2 Lean Meat; 1 Vegetable; 4 Fat; 1/2 Other Carbohydrates. **Points:** 10

**SERVING SUGGESTIONS:** Mashed russet potatoes and steamed green and yellow (wax) beans.

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## Slow Cooker Lamb Tagine

### INGREDIENTS: (Serves 6)

1 teaspoon olive oil  
2 large onions, sliced  
2 1/2 pounds lamb meat (or use beef), cubed  
1 1/4 teaspoons cumin  
1 1/4 teaspoons coriander  
1 1/4 teaspoons ginger

1 1/4 teaspoons cinnamon  
Salt and pepper, to taste  
1 1/2 cups water  
5 pears, cored and cubed  
1/2 cup raisins  
1/2 cup slivered almonds



**COOKING INSTRUCTIONS:** Heat the oil in a large skillet over medium-high heat; sauté onions and lamb until lamb is browned (don't worry about cooking it through, you just want to brown it on the outside). Remove skillet from heat and sprinkle lamb with seasonings; transfer to slow cooker and cover with the water. Cover and cook on Low for about 3 hours, or until meat is fork-tender.

Thirty minutes before serving, add pears, raisins and almonds. Raise heat setting to High and continue to cook until pears are soft and raisins have plumped slightly.

**NUTRITION per serving:** 602 Calories; 39g Fat; 28g Protein; 37g Carbohydrate; 6g Dietary Fiber; 105mg Cholesterol; 91mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 1/2 Vegetable; 2 Fruit; 5 1/2 Fat. **Points:** 14

**SERVING SUGGESTIONS:** Wild rice pilaf and steamed baby carrots with petite green peas.

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## Pesto Vegetable Strata

**INGREDIENTS:** (Serves 6)

2 cups canned, drained white beans  
1 1/2 cups low sodium vegetable broth  
3 tablespoons pesto  
3 large new potatoes, thinly sliced  
1 large onion, thinly sliced

1 1/2 tablespoons olive oil  
Salt and pepper, to taste  
1 medium red bell pepper, seeded,  
diced and sliced  
1 medium zucchini, sliced  
1 medium tomato, sliced



**COOKING INSTRUCTIONS:** In a food processor or blender, puree beans, broth and pesto.

In a large skillet over medium heat, sauté potatoes and onions in the oil for about 8 minutes; salt and pepper to taste.

Place half of the potato and onion mixture in slow cooker; pour some of the bean mixture on top. Add remaining potato and onion mixture, top with a little more bean mixture, then the bell pepper slices. Top with some more bean mixture, then zucchini slices and more bean mixture. Finally, add tomatoes and top with remaining bean mixture. Cover and cook on Low for 6 to 8 hours.

**NUTRITION per serving:** 261 Calories; 8g Fat; 11g Protein; 38g Carbohydrate; 7g Dietary Fiber; 3mg Cholesterol; 469mg Sodium. **Exchanges:** 2 Grain (Starch); 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat. **Points:** 4

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

# Crock Cooker Menu-Mailer and Shopping – Six Servings

Fall

Volume 2 - Week 5

## MENU:

**Day 1: Portuguese Soupas**, and a big salad

**Day 2: Pork Steaks and Kraut**, with mashed russet potatoes and steamed green beans

**Day 3: Prosciutto Creamed Chicken**, add steamed red skinned potatoes and steamed broccoli

**Day 4: Balsamic Crock Lamb**, with steamed baby carrots and petite peas

**Day 5: Spinach Macaroni and Cheeze**, and a big salad

## SHOPPING LIST:

### MEAT

2 pounds stew beef [D1]

6 pork tenderloin steaks [D2]

6 boneless skinless chicken breast halves [D3]

2 1/2 pounds lamb roast (or beef roast) [D4]

### DELI

6 ounces prosciutto [D3]

### CONDIMENTS

Olive oil [D1,D5]

Balsamic vinegar [D4]

Cider vinegar (if not using wines) [D1,D3]

Red wine (1 cup) (or red grape juice with cider vinegar) [D1]

White wine (1/2 cup) (or white grape juice with cider vinegar) [D3]

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

### PRODUCE

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

Garlic (2 cloves) [D1]

Baby carrots (16 ounces) [D2] \*\*Additional (1 meal) [D4]

Zucchini (2 medium) [D4]

Yellow squash (2 medium) [D4]

New potatoes (4) [D4]

Lemons (1 tablespoon juice) [D5]

Granny Smith apples (2) [D2]

\*\*Russet potatoes (1 meal) [D2]

\*\*Red skinned potatoes (1 meal) [D3]

\*\*Green beans (1 meal) [D2]

\*\*Broccoli (1 meal) [D3]

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

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

## CANNED GOODS

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

Tomato paste (6 ounces) [D1]

Sauerkraut (14 ounces) [D2]

Cannellini beans (23 1/4 ounces) [D5]

Red grape juice (1 cup) (if not using red wine) [D1]

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

## SPICES

Pickling spice [D1]

Bay leaves [D1]

Coriander [D4]

Rosemary [D4]

Mint [D4]

Thyme [D4]

Fennel [D4]

Dry mustard [D5]

Cayenne pepper [D5]

Nutmeg [D5]

## DAIRY/DAIRY CASE

Butter [D3]

Heavy (whipping) cream (1/2 cup) [D3]

\*\*Milk (for mashed potatoes) [D2]

## DRY GOODS

Cornstarch [D3]

Brown sugar [D2]

Raw cashews (3/4 cup) [D5]

Bread crumbs (3/4 cup) [D5]

Elbow macaroni (12 ounces) [D5]

## FREEZER

Chopped spinach (15 ounces) [D5]

\*\*Petite peas (1 meal) [D4]

## BAKERY

1 loaf French bread [D1]

## 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.



## Portuguese Soupas

### INGREDIENTS: (Serves 6)

2 tablespoons olive oil  
2 pounds stew beef, cut into 1/2-inch cubes\*  
1 1/2 cups chopped onion  
2 cloves pressed garlic  
1 cup red wine (or use red grape juice with a splash of  
cider vinegar)

6 ounces tomato paste  
1 tablespoon pickling spice  
Salt and pepper, to taste  
1 bay leaf  
1 (28-oz.) can Italian tomatoes,  
undrained  
1 loaf roughly-torn French bread



**COOKING INSTRUCTIONS:** Heat the oil in a large skillet or Dutch oven over medium heat and brown beef. You don't need to cook it all the way through, you just want to brown it on all sides. Transfer to slow cooker. Add onion and garlic to the skillet and sauté until onion is almost translucent. Next, add wine (or juice/vinegar), tomato paste, spices, bay leaf and tomatoes to the skillet. Bring to a low boil, then reduce heat and simmer for a few minutes, breaking up the tomatoes with the back of your spoon. Transfer skillet contents to slow cooker. Cover and cook on Low for 6 to 8 hours, or until beef is fork-tender. Place bread chunks in bowls, spoon soupas over bread and enjoy!

**\*LEANNE'S NOTE:** Partially freeze beef for ease in cutting.

**NUTRITION per serving:** 650 Calories; 27g Fat; 39g Protein; 55g Carbohydrate; 6g Dietary Fiber; 94mg Cholesterol; 803mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 4 1/2 Lean Meat; 3 Vegetable; 2 1/2 Fat. **Points:** 14

**SERVING SUGGESTIONS:** A big salad.

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## Pork Steaks and Kraut

### INGREDIENTS: (Serves 6)

6 pork tenderloin steaks  
16 ounces baby carrots  
1/3 cup chopped onion  
14 ounces canned sauerkraut, drained

2 Granny Smith apples, peeled and  
chopped  
1 tablespoon brown sugar



**COOKING INSTRUCTIONS:** Place steaks in slow cooker and layer carrots on top. In a bowl, combine onion, sauerkraut, apples and sugar; pour mixture on top of carrots. Cover and cook on Low for 8 to 9 hours, or until pork is cooked through.

**NUTRITION per serving:** 343 Calories; 8g Fat; 49g Protein; 17g Carbohydrate; 4g Dietary Fiber; 147mg Cholesterol; 579mg Sodium. **Exchanges:** 7 Lean Meat; 2 Vegetable; 1/2 Fruit. **Points:** 7

**SERVING SUGGESTIONS:** Mashed russet potatoes and steamed green beans.

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## Prosciutto Creamed Chicken

**INGREDIENTS:** (Serves 6)  
2 tablespoons melted butter  
6 boneless skinless chicken breast halves  
3/4 cup finely chopped onion  
6 ounces prosciutto, chopped

1/2 cup white wine (or use white  
grape juice with a splash of cider  
vinegar)  
1 1/2 tablespoons cornstarch  
2 tablespoons water  
1/2 cup heavy (whipping) cream



**COOKING INSTRUCTIONS:** Combine melted butter, chicken, onion, prosciutto and wine (or juice/vinegar) in slow cooker. Cover and cook on Low for 7 to 9 hours, or until chicken is cooked through. About 30 minutes before serving, combine cornstarch and water; add to slow cooker along with the cream; stir to combine. Cover and cook on High until sauce thickens.

**NUTRITION per serving:** 315 Calories; 15g Fat; 36g Protein; 4g Carbohydrate; trace Dietary Fiber; 126mg Cholesterol; 889mg Sodium. **Exchanges:** 0 Grain (Starch); 5 Lean Meat; 1/2 Vegetable; 2 Fat. **Points:** 8

**SERVING SUGGESTIONS:** Steamed red skinned potatoes and steamed broccoli.

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## Balsamic Crock Lamb

**INGREDIENTS:** (Serves 6)  
Salt and pepper, to taste  
1 teaspoon coriander  
2 teaspoon rosemary  
1 teaspoon mint  
1 teaspoon thyme  
1 teaspoon ground fennel

2 1/2 pounds lamb roast (or beef  
roast)  
1 medium onion, sliced  
2 medium zucchini, sliced  
2 medium yellow squash, sliced  
4 new potatoes, quartered  
3 tablespoons balsamic vinegar



**COOKING INSTRUCTIONS:** In a small bowl, combine first 6 ingredients (salt through fennel); rub over lamb and place lamb in slow cooker. Add vegetables and drizzle vinegar over all. Cover and cook on Low for 10 to 12 hours.

**NUTRITION per serving:** 481 Calories; 32g Fat; 28g Protein; 21g Carbohydrate; 4g Dietary Fiber; 105mg Cholesterol; 93mg Sodium. **Exchanges:** 1 Grain (Starch); 3 1/2 Lean Meat; 1 Vegetable; 4 1/2 Fat. **Points:** 11

**SERVING SUGGESTIONS:** Steamed baby carrots and petite peas.

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**DO-AHEAD TIP:** Cook macaroni and spinach according to package directions.

## Spinach Macaroni and Cheeze

**INGREDIENTS:** (Serves 6)

12 ounces elbow macaroni, cooked  
15 ounces frozen chopped spinach, cooked and drained  
3 tablespoons olive oil  
1 cup chopped onion  
3/4 cup raw cashews  
2 2/3 cups water, divided

23 1/4 ounces canned cannellini beans, drained  
1 tablespoon lemon juice  
3/4 teaspoon dry mustard  
1/3 teaspoon cayenne pepper  
1/4 teaspoon nutmeg  
3/4 cup bread crumbs



**COOKING INSTRUCTIONS:** Cook macaroni and spinach separately, according to package directions; drain and set aside.

In a large skillet over medium heat, sauté onion until translucent; remove from skillet and set aside.

Place cashews and 1 1/2 cups of the water in a food processor or blender and process until smooth. Add onion, beans, lemon juice, mustard, cayenne pepper, nutmeg and remaining water; process until smooth.

Stir together macaroni, spinach and bean sauce; pour mixture into slow cooker. Cover and cook on Low for 2 to 3 hours.

About ten minutes before serving, sprinkle bread crumbs on top of casserole. Continue to cook until bread crumbs form a crust on top.

**NUTRITION per serving:** A big salad.

**SERVING SUGGESTIONS:** 886 Calories; 24g Fat; 42g Protein; 132g Carbohydrate; 22g Dietary Fiber; 0mg Cholesterol; 198mg Sodium. **Exchanges:** 8 Grain (Starch); 1 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat. **Points:** 15

# Crock Cooker Menu-Mailer and Shopping – Six Servings

Fall

Volume 2 - Week 6

## MENU

**Day 1: Crock Chicken and Peppers**, brown rice and a big salad

**Day 2: Crock Stroganoff**, wide noodles and steamed broccoli

**Day 3: Crock Cuban Beans and Sausage**, brown rice and steamed green beans

**Day 4: Italian Lentil Stew**, spinach salad and warm, crusty bread

**Day 5: Halibut in Wine Sauce**, red potatoes, baby carrots, and asparagus

## SHOPPING LIST:

### MEAT

12 boneless skinless chicken thighs [D1]

1 1/2 pounds round steak [D2]

1 turkey kielbasa sausage [D3]

6 halibut steaks—or buy frozen [D5]

### CONDIMENTS

Olive oil [D1,3,4]

Low sodium soy sauce [D1]

Worcestershire sauce [D1,2]

White wine (need 1/3 cup)—or use white grape juice with a splash of vinegar [D5]

Vinegar—if not using wine [D5]

\*\*Salad dressing(s)—your choice [D1]

### PRODUCE

Onions (need 3 large and 1 medium) [D1,2,3,4]

Garlic (need 9 cloves) [D1,2,4]

Green bell peppers (need 1 large and 1 medium) [D1,2]

Red bell peppers (need 1 small) [D4]

Jalapeno peppers (need 2 teaspoons, chopped)—  
OPTIONAL [D3]

Mushrooms (need 1 1/2 cups, sliced) [D2]

Butternut squash (need 1 small) [D4]

Green beans (need 2 cups, halved) [D4] \*\*Additional (1 meal) [D3]

Russet potatoes (need 1 large) [D4]

Lemons (need 2) [D5]

\*\*Broccoli (1 meal) [D2]

\*\*Spinach (1 meal) [D4]

\*\*Red potatoes (1 meal) [D5]

\*\*Asparagus (1 meal) [D5]

\*\*Baby carrots (1 meal) [D5]

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

\*\*Salad veggies—your choice [D1]

## CANNED GOODS

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

Low sodium chicken broth (need 1 cup) [D1]

Low sodium beef broth (need 14.5-oz.) [D2]

Diced tomatoes (need 14.5-oz.) [D3]

Spaghetti sauce—your favorite (need 28-oz.) [D4]

## SPICES

Ginger [D1]

Cumin [D3]

Sage [D5]

Parsley [D5]

## DAIRY/DAIRY CASE

Butter [D5]

Low fat sour cream (need 1 cup) [D2]

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

## DRY GOODS

Flour [D2,5]

Black beans (need 1 pound) [D3]

Lentils (need 1 3/4 cups) [D4]

\*\*Brown rice (2 meals) [D1,3]

\*\*Wide noodles (1 meal) [D2]

## FREEZER

6 halibut steaks—if not using fresh [D5]

## BAKERY

\*\*Crusty bread (1 meal) [D4]

## OTHER

2-gallon size zipper-topped plastic bags



## SHOPPING LIST LEGEND

### \*\* = Serving Suggestions

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### [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.

## Crock Chicken and Peppers

**INGREDIENTS:** (Serves 6)

12 boneless skinless chicken thighs, cut into 2-inch pieces  
1 1/2 tablespoons olive oil  
1 large onion, chopped  
1 large green bell pepper, seeded, de-ribbed and thinly sliced

1 cup low sodium chicken broth  
1 tablespoon low sodium soy sauce  
1/4 teaspoon ground ginger  
1 clove garlic, pressed  
1 teaspoon Worcestershire sauce



**COOKING INSTRUCTIONS:** Heat the oil in a skillet over medium-high heat and brown the chicken. Place the onion and peppers on the bottom of a slow cooker. Arrange the browned chicken on top. 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. **HINT:** Partially frozen chicken is easier to cut.

**NUTRITION per serving:** 218 Calories; 9g Fat; 30g Protein; 4g Carbohydrate; 1g Dietary Fiber; 115mg Cholesterol; 314mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 1/2 Vegetable; 1/2 Fat. **Points:** 5

**SERVING SUGGESTIONS:** Brown rice and a big salad.

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## Crock Stroganoff

**INGREDIENTS:** (Serves 6)

1 1/2 pounds round steak, cut in strips  
2 tablespoons flour  
Salt and pepper to taste  
1 large onion, sliced

1 1/2 cups mushrooms, sliced  
1 (14.5-oz.) can low sodium beef broth  
1/2 teaspoon Worcestershire sauce  
1 cup low fat sour cream



**COOKING INSTRUCTIONS:** Dredge the strips of beef in the flour and place on the bottom of a slow cooker; salt and pepper to taste. Add the onions, mushrooms, beef broth and Worcestershire sauce. Cover and cook on low for 8 to 10 hours or on high for 4 to 5 hours. About 1 hour before serving, remove sour cream from refrigerator and bring to room temperature. Just before serving, stir the sour cream into the stroganoff.

**NUTRITION per serving:** 299 Calories; 16g Fat; 28g Protein; 10g Carbohydrate; 1g Dietary Fiber; 75mg Cholesterol; 118mg Sodium. **Exchanges:** 0 Grain (Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 7

**SERVING SUGGESTIONS:** Wide noodles and steamed broccoli.

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

## Crock Cuban Beans and Sausage

**INGREDIENTS:** (Serves 6)

1 turkey kielbasa sausage, sliced  
1 pound dried black beans, pre-soaked  
1 large onion, chopped  
1 medium green bell pepper, seeded, de-ribbed and chopped  
6 cloves garlic, crushed

1 (14.5-oz.) can diced tomatoes, undrained  
5 cups water  
2 tablespoons olive oil  
5 teaspoons cumin  
2 teaspoons jalapeno pepper, finely chopped—OPTIONAL



**COOKING INSTRUCTIONS:** Slice kielbasa; cover and refrigerate until needed. Combine remaining ingredients in a slow cooker. Cover and cook on high for 6 to 8 hours, or until beans are tender and most of the liquid is absorbed. During the last hour of cooking, add sliced sausage to the slow cooker. Cover and heat sausage through.

**NUTRITION per serving:** 260 Calories; 5g Fat; 14g Protein; 41g Carbohydrate; 10g Dietary Fiber; 7mg Cholesterol; 77mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 1 Lean Meat; 1 Vegetable; 1/2 Fat. **Points:** 5

**SERVING SUGGESTIONS:** Brown rice and steamed green beans.

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## 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.) jar/ can spaghetti sauce—your favorite  
2 cups fresh green beans, cut in half  
1 small red bell pepper, seeded, de-ribbed and diced

1 large russet potato, peeled and diced  
1 medium onion, chopped  
2 cloves garlic, pressed  
3 cups water  
1 tablespoon olive oil



**COOKING INSTRUCTIONS:** Combine all ingredients, except olive oil, in a slow cooker. Cover and cook on low for 8 to 10 hours, or until the 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:** A big spinach salad and some warm, crusty bread.

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## Halibut in Wine Sauce

**INGREDIENTS:** (Serves 6)

6 fresh or frozen halibut steaks

1/4 cup butter, melted

2 tablespoons flour

1/3 cup white wine-or use white grape juice with a splash  
of vinegar

1/3 cup heavy (whipping) cream

Salt and pepper to taste

1 teaspoon lemon zest (peel)

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 thickens slightly. Zest lemons until you have 1 teaspoon of fresh lemon peel. 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; 2 1/2 Fat. **Points:** 8

**SERVING SUGGESTIONS:** Steamed red potatoes and baby carrots and steamed asparagus.

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# Crock Cooker Menu-Mailer and Shopping – Six Servings

Fall

Volume 2 - Week 7

## MENU

**Day 1: Chinese Crock Chicken**, Stir-fried veggies and egg rolls

**Day 2: Crock Meatballs**, brown rice, corn on the cob and a spinach salad

**Day 3: Old Fashioned Baked Beans in a Crock**, salad and some crusty whole wheat bread

**Day 4: Slow Cooker Pork and Apples**, red potatoes and broccoli

**Day 5: Lamb Korma**, whole wheat couscous, baby carrots, and petite peas with pearl onions

## SHOPPING LIST:

### MEAT

1 whole chicken [D1]

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

3 1/2 pounds pork roast [D4]

1 1/2 pounds boneless lamb—your favorite cut [D5]

1/4 pound turkey bacon—OPTIONAL [D3]

### CONDIMENTS

Olive oil [D4,5]

Cider vinegar [D3]

Dijon mustard [D3]

Low sodium soy sauce [D1]

Ketchup [D1,2,3]

Chili sauce (need 12-oz.) [D2]

Molasses [D3]

Orange marmalade [D1]

Sherry (need 1/3 cup)—or use additional apple cider [D4]

Apple brandy (need 2 tablespoons)—OPTIONAL [D4]

\*\*Salad dressing(s)—your choice [D2,3]

### PRODUCE

Onions (need 7 medium plus 2 tablespoons, minced) [D1,2,3,4,5]

Garlic (need 9 cloves) [D1,5]

Carrots (need 3 medium) [D4]

Granny Smith apples (need 3) [D4]

Gingerroot (need 2 teaspoons, grated) [D5]

Dried chili peppers (need 2 large) [D5]

Parsley (need 1/3 cup, chopped plus optional garnish) [D2,4]

Lemons (need 1 tablespoon juice) [D2]

\*\*Zucchini, yellow squash, snow peas and bean sprouts (1 meal) [D1]

\*\*Spinach (1 meal) [D2]

\*\*Corn on the cob (1 meal) [D2]

\*\*Red potatoes (1 meal) [D4]

\*\*Broccoli (1 meal) [D4]

\*\*Baby carrots (1 meal) [D5]

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

\*\*Salad veggies—your choice [D2,3]

## CANNED GOODS

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

Apple cider (need 1 1/4 cups, plus 1/3 cup if not using sherry) [D4]

1 (14.5-oz.) can diced tomatoes [D5]

## SPICES

Marjoram [D4]

Allspice [D4]

Rosemary [D4]

Turmeric [D5]

Cumin [D5]

Ground coriander [D5]

Ground cloves [D5]

Ground cinnamon [D5]

## DAIRY/DAIRY CASE

Eggs (need 2 whites) [D2]

Heavy (whipping) cream (need 1/2 cup) [D5]

\*\*Butter [D4]

## DRY GOODS

Brown sugar [D2,3]

Dry breadcrumbs (need 1 cup) [D2]

White beans (need 1 pound) [D3]

\*\*Brown rice (1 meal) [D2]

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

## FREEZER

\*\*Egg rolls (1 meal) [D1]

\*\*Petite peas with pearl onions [D5]

## BAKERY

Crusty whole wheat 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...

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.



## Chinese Crock Chicken

**INGREDIENTS:** (Serves 6)  
1 whole chicken  
1/4 cup low sodium soy sauce  
1/4 cup orange marmalade

2 tablespoons ketchup  
6 cloves garlic, pressed  
1 medium onion, sliced  
Salt and pepper



**COOKING INSTRUCTIONS:** Place chicken in slow cooker. Combine soy sauce, marmalade and ketchup; pour over chicken. Add garlic and onions, a teeny bit of salt (won't need much because of the soy sauce) and pepper. Cover and cook on Low for 10 to 12 hours (chicken should be falling off the bone when done). Skim fat from slow cooker juices and serve with chicken.

**NUTRITION per serving:** 591 Calories; 39g Fat; 44g Protein; 14g Carbohydrate; 1g Dietary Fiber; 226mg Cholesterol; 641mg Sodium. **Exchanges:** 6 Lean Meat; 1/2 Vegetable; 4 Fat; 1/2 Other Carbohydrates. **Points:** 13

**SERVING SUGGESTIONS:** Stir-fried zucchini, yellow squash, snow peas and bean sprouts. Add some frozen (cooked) egg rolls.

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## Crock Meatballs

**INGREDIENTS:** (Serves 6)  
1 1/2 pounds extra-lean ground beef  
1 cup dry breadcrumbs  
2 egg whites  
1/3 cup chopped fresh parsley  
2 tablespoons onion, minced

1/3 cup ketchup  
2 tablespoons brown sugar  
1 tablespoon lemon juice  
1 (16-oz.) can jellied cranberry sauce  
1 (12-oz.) bottle chili sauce  
Parsley sprigs—OPTIONAL



**COOKING INSTRUCTIONS:** Combine first 5 ingredients in a large bowl; shape mixture into thirty 1 1/2-inch meatballs. Combine ketchup, sugar, lemon juice and sauces in slow cooker; gently stir in meatballs. Cover and cook on Low for 8 to 10 hours. Garnish with parsley, if desired.

**NUTRITION per serving:** 496 Calories; 21g Fat; 26g Protein; 53g Carbohydrate; 3g Dietary Fiber; 78mg Cholesterol; 446mg Sodium. **Exchanges:** 1 Grain (Starch); 3 Lean Meat; 2 Fat; 2 1/2 Other Carbohydrates. **Points:** 11

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

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

## Old Fashioned Baked Beans in a Crock

**INGREDIENTS:** (Serves 6-8)

1 medium onion, chopped  
1 pound dry white beans, soaked overnight  
1/2 teaspoon salt  
2 teaspoons cider vinegar  
1/2 teaspoon Dijon mustard

1 tablespoon brown sugar  
1/4 cup molasses  
1/2 cup ketchup  
1 pinch black pepper  
Hot water, as needed  
1/4 pound turkey bacon—OPTIONAL



**COOKING INSTRUCTIONS:** Place sliced onion in slow cooker. Add drained beans, seasonings and hot water to cover. Arrange turkey bacon slices on top. Cover and cook on Low for 7 to 9 hours.

**NUTRITION per serving:** 276 Calories; 3g Fat; 16g Protein; 48g Carbohydrate; 9g Dietary Fiber; 13mg Cholesterol; 515mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 1 Lean Meat; 0 Vegetable; 1/2 Fat; 1 Other Carbohydrates. **Points:** 5

**SERVING SUGGESTIONS:** A big salad and some crusty whole wheat bread.

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## Slow Cooker Pork and Apples

**INGREDIENTS:** (Serves 6)

3 tablespoons olive oil  
3 1/2 pounds pork roast, cubed  
Salt and pepper to taste  
3 medium onions, chopped  
3 medium carrots, sliced  
3 Granny Smith apples, cored and quartered  
1 1/4 cups apple cider

1/3 cup sherry (or use additional  
apple cider)  
2 tablespoons apple brandy—  
OPTIONAL  
3/4 teaspoon marjoram  
1/3 teaspoon allspice  
1/3 teaspoon rosemary



**COOKING INSTRUCTIONS:** In a large skillet, brown pork cubes in oil over medium heat. Don't worry about cooking them all the way through—just lightly brown them on the outside. Season with salt and pepper to taste. Transfer to slow cooker. In the same skillet, add onions, carrots and apples. Cook until onions are translucent and apples are tender. Transfer to slow cooker. Add cider, sherry, brandy, marjoram, allspice, and rosemary to skillet. Bring to a boil, whisking up all of the browned bits from the bottom of the pan; pour over pork in slow cooker. Cover and cook on Low for about 7 hours.

**NUTRITION per serving:** 578 Calories; 32g Fat; 41g Protein; 25g Carbohydrate; 4g Dietary Fiber; 131mg Cholesterol; 136mg Sodium. **Exchanges:** 0 Grain (Starch); 5 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fruit; 3 Fat. **Points:** 13

**SERVING SUGGESTIONS:** Steamed red potatoes tossed with butter and chopped parsley, and steamed broccoli.

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## Lamb Korma

**INGREDIENTS:** (Serves 6)

2 medium onions, chopped  
2 teaspoons fresh gingerroot, grated  
3 cloves garlic, pressed  
2 large dried chili peppers, stemmed, seeded and finely diced  
2 tablespoons olive oil  
3/4 teaspoon turmeric  
2 teaspoons cumin

1 tablespoon ground coriander  
1 1/2 pounds boneless lamb (your favorite cut, sliced into 1- to 2-inch pieces)  
1 (14.5-oz.) can diced tomatoes, drained  
1/4 teaspoon ground cloves  
1/2 teaspoon ground cinnamon  
Salt and pepper to taste  
1/2 cup water  
1/2 cup heavy (whipping) cream



**COOKING INSTRUCTIONS:** In a skillet over medium heat, sauté onions, gingerroot, garlic, and chili peppers in the oil until onions are translucent. Add turmeric, cumin and coriander; stir. Add lamb to skillet and lightly brown—don't worry about cooking it through. Transfer lamb and veggies 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 of the browned bits from the bottom of the pan; pour over lamb. Cover and cook on Low for about 8 hours. About 30 minutes before you are ready to serve, add cream. Turn heat setting to High, cover and continue to cook for about 30 minutes.

**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; 6 Fat. **Points:** 12

**SERVING SUGGESTIONS:** Whole wheat couscous, steamed baby carrots and petite peas with pearl onions.

# Crock Cooker Menu-Mailer and Shopping – Six Servings

Fall

Volume 2 - Week 8

## MENU

- Day 1: Crock Chicken Provencal**, with steamed red potatoes and steamed green beans
- Day 2: Shredded Crock Beef**, add brown rice and steamed broccoli
- Day 3: Cowboy Beans**, add some crusty bread with a big spinach salad on the side
- Day 4: Quick and Easy Veggie Slow Cooker Spaghetti Sauce**, served over your favorite pasta and add a salad and garlic toast
- Day 5: Seafood Paella**, with steamed asparagus and a salad

## SHOPPING LIST:

### MEAT

- 6 skinless chicken thighs [D1]  
3 pounds sirloin tip roast, trimmed [D2]  
3/4 pound tilapia fillets—or buy frozen [D5]  
3/4 pound scallops—or buy frozen [D5]  
3/4 pound shrimp—or buy frozen [D5]

### CONDIMENTS

- Low sodium soy sauce [D2]  
Barbecue sauce—your favorite [D3]  
Ketchup [D3]  
Mustard [D3]  
Black olives, sliced (need 1/2 cup) [D4]  
\*\*Salad dressing(s)—your choice [D4,5]

### PRODUCE

- 3 pounds onions (keep on hand) [D1,3,4,5]  
Garlic (need 10 cloves) [D1,2]  
Red bell peppers (need 2 small) [D1]  
Green bell peppers (need 1 1/2 medium) [D4]  
Carrots (need 1 medium) [D3]  
Mushrooms (need 12-oz.) [D4]  
Oranges (need 3 strips peel) [D1]  
\*\*Red potatoes (1 meal) [D1]  
\*\*Green beans (1 meal) [D1]  
\*\*Broccoli (1 meal) [D2]  
\*\*Spinach (1 meal) [D3]  
\*\*Asparagus (1 meal) [D5]  
\*\*Lettuce for 2 salads (not Iceberg—no nutrition) [D4,5]  
\*\*Salad veggies—your choice [D4,5]

## CANNED GOODS

- Spaghetti sauce—your favorite (need 42-oz.) [D4]  
1 (28-oz.) can whole plum tomatoes [D1]  
1 (14.5-oz.) can diced tomatoes [D5]  
Low sodium chicken broth (need 3 cups) [D5]

## SPICES

- Thyme [D1]  
Fennel seeds [D1]  
Basil [D1]  
Rosemary [D2]  
Bay leaves [D2]  
Oregano [D4]  
Garlic powder [D4]  
Saffron OR turmeric [D5]  
Cayenne pepper [D5]

## DAIRY/DAIRY CASE

- Parmesan cheese (need 1 cup, grated) [D4]  
\*\*Butter [D4]

## DRY GOODS

- Pinto beans (need 1 pound) [D3]  
Brown rice (need 1 1/2 cups) [D5] \*\*Additional (1 meal) [D2]  
\*\*Pasta—your favorite (1 meal) [D4]

## FREEZER

- 1 (10-oz.) package chopped spinach [D4]  
Green peas (need 12-oz.) [D5]

## BAKERY

- \*\*Crusty bread (1 meal) [D3]  
\*\*Bread for garlic toast (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.

## Crock Chicken Provencal

**INGREDIENTS:** (Serves 6)

6 skinless chicken thighs

2 small red bell peppers, seeded, de-ribbed and sliced  
1/4-inch thick

1 medium onion, thinly sliced

1 (28-oz.) can whole plum tomatoes, drained

4 cloves garlic, pressed

1/4 teaspoon thyme

1/4 teaspoon fennel seeds

1/2 teaspoon basil

3 strips orange peeling (just use  
clean peel from an orange, not  
too much)

Salt and pepper to taste

**COOKING INSTRUCTIONS:** Place all ingredients in slow cooker; blend well. Cover and cook on Low for 7 to 9 hours or on High for 3 to 4 hours. Before serving, taste the sauce and correct the seasonings, if necessary.**NUTRITION per serving:** 132 Calories; 3g Fat; 15g Protein; 11g Carbohydrate; 3g Dietary Fiber; 57mg Cholesterol; 72mg Sodium. **Exchanges:** 0 Grain (Starch); 2 Lean Meat; 2 Vegetable. **Points:** 2**SERVING SUGGESTIONS:** Steamed red potatoes and steamed green beans.

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## Shredded Crock Beef

**INGREDIENTS:** (Serves 6)

3 pounds sirloin tip roast, trimmed of fat

3 to 6 cloves garlic, pressed

1 1/2 teaspoons rosemary, crumbled

1/2 large bay leaf (snap in half)

1/3 cup soy sauce

1 1/2 cups water

**COOKING INSTRUCTIONS:** Place all ingredients in slow cooker; cover and cook on Low for 6 hours, or until meat is easily shredded with two forks. You can sear the roast in a skillet first, if you like, or you can just dump it directly into the slow cooker. If I have time, I sear it—if I don't, I dump it in the crock.**NUTRITION per serving:** 304 Calories; 10g Fat; 49g Protein; 1g Carbohydrate; trace Dietary Fiber; 136mg Cholesterol; 674mg Sodium. **Exchanges:** 7 Lean Meat; 1/2 Vegetable. **Points:** 7**SERVING SUGGESTIONS:** Brown rice and steamed broccoli.

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

## Cowboy Beans

**INGREDIENTS:** (Serves 6)

1 pound dry pinto beans, sorted, rinsed, drained and soaked overnight  
5 cups water, boiled  
2 medium onions, chopped

1 cup barbecue sauce, your favorite  
2 squirts ketchup  
1 medium carrot, grated  
2 squirts mustard  
Salt and pepper to taste



**COOKING INSTRUCTIONS:** Combine beans, water and onion in slow cooker; cover and cook on High for 3 to 4 hours, then on Low for about 7 hours. Drain beans; add barbecue sauce, ketchup, carrot, mustard squirts, and salt and pepper to taste; blend well. Serve in bowls.

**NUTRITION per serving:** 239 Calories; 1g Fat; 13g Protein; 45g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 382mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Other Carbohydrates. **Points:** 4

**SERVING SUGGESTIONS:** Some crusty bread with a big spinach salad on the side.

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## Quick and Easy Veggie Slow Cooker Spaghetti Sauce

**INGREDIENTS:** (Serves 6)

1 1/2 medium green bell peppers, seeded, de-ribbed and chopped  
1 (10-oz.) package frozen chopped spinach, thawed and drained  
1 1/2 medium onions, diced  
12-oz. mushrooms, sliced

1 1/2 (28-oz.) jars/cans spaghetti sauce, your favorite brand  
1/2 cup black olives, sliced  
1 1/2 teaspoons oregano  
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 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 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; 2 1/2 Fat. **Points:** 7

**SERVING SUGGESTIONS:** Serve over your favorite pasta. Add a salad and garlic toast.

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## Seafood Paella

**INGREDIENTS:** (Serves 6)

1 1/2 cups brown rice

3 cups low sodium chicken broth

1 large onion, diced

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

Pinch of saffron (or use 1/2 teaspoon turmeric)

1/3 teaspoon cayenne pepper

Salt and pepper to taste

3/4 pound tilapia fillets, cut into 1 to 2-inch pieces

3/4 pound scallops

3/4 pound shrimp, shelled and deveined

12-oz. frozen green peas, thawed and drained



**COOKING INSTRUCTIONS:** Place rice, broth, onion, tomatoes, and seasonings in slow cooker; blend; cover and cook on Low for about 6 hours. About 1 hour before you are ready to serve, add seafood and green peas; cover and cook on High 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. **Points:** 8

**SERVING SUGGESTIONS:** Steamed asparagus and a salad.

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# Crock Cooker Menu-Mailer and Shopping – Six Servings

Fall

Volume 2 - Week 9

## MENU

**Day 1: Mama's Chicken Stew**, with mashed russet potatoes and steamed green and yellow beans

**Day 2: Crock Cranberry Beef**, add broccoli slaw and raw baby carrots

**Day 3: White Beans and Garlic**, with spinach salad and some crusty bread

**Day 4: Tex Mex Pork Wraps**, add corn on the cob and a salad

**Day 5: Lamb Tajine**, with steamed red potatoes, petite peas, and steamed baby carrots

## SHOPPING LIST:

### MEAT

2 pounds boneless skinless chicken breast halves [D1]

1 1/2 pounds flank steak [D2]

2 1/2 pounds boneless pork roast [D4]

2 pounds lamb, cubed (or use beef, if you prefer) [D5]

\*\*Bacon (1 meal) [D3]

### PRODUCE

3 pounds onions (keep on hand) [D5]

Red onions (need 1 medium) [D4] \*\*Additional (1 meal) [D3]

Garlic (need 2 cloves) [D3]

Carrots (need 1 cup, sliced) [D1]

Celery (need 1/2 cup, sliced) [D1]

Green onions (need 3/4 cup plus optional garnish) [D2] [D4]

Cilantro (need 1/2 cup, chopped plus optional garnish) [D2] [D4]

Tomatoes, chopped for garnish—OPTIONAL [D4]

Lettuce, chopped for garnish (not Iceberg—no nutrition)—OPTIONAL [D4]

Limes (need 1/4 cup juice) [D2]

Pears (need 4) [D5]

\*\*Russet potatoes (1 meal) [D1]

\*\*Red potatoes (1 meal) [D5]

\*\*Baby carrots (2 meals) [D2] [D5]

\*\*Green and yellow (wax) beans (1 meal) [D1]

\*\*Spinach (1 meal) [D3]

\*\*Broccoli slaw (1 meal) [D2]

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

\*\*Lettuce for 1 salad (not Iceberg—no nutrition) [D4]

\*\*Salad veggies—your choice [D4]

### CONDIMENTS

Olive oil [D3] [D5]

Chili sauce (need 1/4 cup) [D2]

Barbecue sauce—your favorite (need 1 cup) [D4]

\*\*Mayonnaise [D2]

\*\*Rice vinegar [D2]

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

## CANNED GOODS

2 (14.5-oz.) cans low sodium chicken broth [D1]

1 (8-oz.) can tomato sauce [D4]

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

2 (2.5-oz.) cans diced green chilies [D4]

1 (15-oz.) can whole cranberry sauce [D2]

## SPICES

Paprika [D1]

Sage [D1] [D3]

Thyme [D1]

Garlic powder [D1]

Chili powder [D4]

Cumin [D4] [D5]

Oregano [D4]

Caraway seeds [D5]

Ginger [D5]

Cinnamon [D5]

## DAIRY/DAIRY CASE

Sour cream, for garnish—OPTIONAL [D4]

\*\*Butter [D1]

\*\*Milk (for mashed potatoes) [D1]

## DRY GOODS

Cornstarch [D1]

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

Raisins (need 1/2 cup) [D5]

Almonds, slivered (need 1/2 cup) [D5]

1 1/2 pounds white OR cannelloni beans [D3]

## FREEZER

Petite peas (need 2 cups) [D1] \*\*Additional (1 meal)

[D5] Pearl (small) onions (need 1 cup) [D1]

## BAKERY

12 flour OR whole wheat tortillas [D2] [D4]

\*\*Crusty 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...

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.



## Mama's Chicken Stew

**INGREDIENTS:** (Serves 10) Freeze Leftovers!!  
 2 pounds boneless skinless chicken breast halves, cut into bite-sized pieces  
 1/2 cup water  
 1 cup frozen pearl (small) onions  
 1/2 cup celery, sliced  
 1 cup carrots, thinly sliced  
 1 teaspoon paprika  
 1/2 teaspoon sage

1/2 teaspoon thyme  
 2 teaspoons garlic powder  
 Salt and pepper to taste  
 2 (14.5-oz.) cans low sodium chicken broth  
 1 (6-oz.) can tomato paste  
 2 cups frozen petite peas  
 1/4 cup water  
 3 tablespoons cornstarch



**COOKING INSTRUCTIONS:** Combine all ingredients, except peas, 1/4 cup water and cornstarch, in slow cooker; cover and cook on Low for 6 to 8 hours or on High for 4 to 5 hours. 30 minutes before serving, combine 1/4 cup of water and cornstarch in a small bowl, using a wire whisk, until well blended. Add peas and cornstarch mixture to slow cooker; blend well; cover and cook on High for 30 minutes.

**NUTRITION per serving:** 176 Calories; 1g Fat; 27g Protein; 13g Carbohydrate; 3g Dietary Fiber; 53mg Cholesterol; 408mg Sodium. **Exchanges:** 1/2 Grain (Starch); 3 1/2 Lean Meat; 1 Vegetable. **Points:** 3

**SERVING SUGGESTIONS:** Mashed russet potatoes and steamed green and yellow (wax) beans.

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## Crock Cranberry Beef

**INGREDIENTS:** (Serves 6)  
 1/4 cup chili sauce  
 1/4 cup lime juice  
 1 (1.25-oz.) package taco seasoning mix  
 1 1/2 pounds flank steak

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



**COOKING INSTRUCTIONS:** Combine first 3 ingredients in a small bowl. Place steak in slow cooker; pour spice mixture over the top and turn steak in slow cooker several times to coat thoroughly. Cover and cook on Low for 8 to 9 hours. Next, combine onions, cilantro, and cranberry sauce in a blender; process till smooth. Place sauce in a bowl, cover and refrigerate. When meat is finished, discard cooking liquid and shred meat. Fill warmed tortillas with meat mixture and sauce; roll up and enjoy!

**NUTRITION per serving:** 302 Calories; 12g Fat; 23g Protein; 25g Carbohydrate; 2g Dietary Fiber; 58mg Cholesterol; 490mg Sodium. **Exchanges:** 0 Grain (Starch); 3 1/2 Lean Meat; 1/2 Fat; 1 1/2 Other Carbohydrates. **Points:** 7

**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.

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

## White Beans and Garlic

**INGREDIENTS:** (Serves 6)

1 1/2 pounds dried white OR cannellini beans, sorted,  
rinsed and soaked overnight  
Water

2 cloves garlic, pressed  
1/3 teaspoon dried sage  
Salt and pepper to taste  
1 1/2 tablespoons olive oil



**COOKING INSTRUCTIONS:** Place soaked beans in slow cooker; cover with water so that you have at least an inch of water above the beans. Add garlic and sage. Cover and cook on Low for about 7 hours. About 30 minutes before you are ready to serve, add salt—DON'T ADD IT EARLIER, OR YOUR BEANS WILL BE TOUGH! Ladle beans into bowls and drizzle with olive oil.

**NUTRITION per serving:** 189 Calories; 4g Fat; 11g Protein; 29g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. **Exchanges:** 2 Grain (Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat. **Points:** 3

**SERVING SUGGESTIONS:** A big spinach salad (add some sliced red onion and cooked, chopped bacon, if you like) and some crusty bread.

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## Tex Mex Pork Wraps

**INGREDIENTS:** (Serves 6)

2 1/2 pounds boneless pork roast  
1 (8-oz.) can tomato sauce  
1 cup barbecue sauce, your favorite  
1 medium red onion, thinly sliced  
2 (2.5-oz.) cans diced green chilies, or to taste  
1/4 cup chili powder (or to taste, depending on your  
heat tolerance)  
1 teaspoon ground cumin

1 teaspoon dried oregano  
6 flour OR whole wheat tortillas, warmed

**OPTIONAL Garnishes:**

Finely chopped lettuce  
Diced tomatoes  
Chopped green onion  
Sour cream  
Chopped cilantro



**COOKING INSTRUCTIONS:** Place pork roast in slow cooker. In a mixing bowl combine remaining ingredients, except tortillas and optional garnishes; pour over pork; cover and cook on Low for 8 to 10 hours. When pork roast is done, shred meat with two forks; serve on warmed tortillas. Top with garnishes as desired.

**NUTRITION per serving:** 526 Calories; 15g Fat; 42g Protein; 55g Carbohydrate; 6g Dietary Fiber; 83mg Cholesterol; 1064mg Sodium. **Exchanges:** 3 Grain (Starch); 4 1/2 Lean Meat; 1 Vegetable; 1 Fat; 1/2 Other Carbohydrates. **Points:** 11

**SERVING SUGGESTIONS:** Corn on the cob and a salad.

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## Lamb Tajine

**INGREDIENTS:** (Serves 6)

1 tablespoon olive oil  
2 medium onions, sliced  
2 pounds lamb, cubed (or use beef)  
1 teaspoon ground cumin  
1 teaspoon caraway seeds

1 teaspoon ground ginger  
1 teaspoon cinnamon  
Salt and pepper to taste  
4 pears, cored and coarsely chopped  
1/2 cup raisins  
1/2 cup almonds, slivered



**COOKING INSTRUCTIONS:** Sauté onions in olive oil over medium heat until translucent; remove from skillet and set aside. Add lamb to skillet and lightly brown on all sides. Don't worry about cooking it through—just get it nicely browned. Place lamb and onions in slow cooker; add seasonings. Cover and cook on Low for 3 to 4 hours, or until lamb is cooked through and tender. About 15 minutes before you are ready to serve, add pears, raisins and almonds to slow cooker. Raise heat setting to High and continue to cook for 5 to 10 minutes, or until pears are tender.

**NUTRITION per serving:** 418 Calories; 17g Fat; 34g Protein; 34g Carbohydrate; 6g Dietary Fiber; 98mg Cholesterol; 103mg Sodium. **Exchanges:** 0 Grain (Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 2 Fruit; 1 1/2 Fat. **Points:** 9

**SERVING SUGGESTIONS:** Steamed red potatoes, petite peas and steamed baby carrots.



# Crock Cooker Menu-Mailer and Shopping – Six Servings

Fall

Volume 2 - Week 10

## MENU

- Day 1: Autumn Tuscany Chicken**, with a big salad and some whole grain rolls
- Day 2: Crock Navy Bean Soup**, add a big spinach salad and some crusty bread
- Day 3: Barbecued Beef in a Pot**, and a bowl of coleslaw with a bowl of raw baby carrots
- Day 4: Creamy Mexican Crock Pork Stew**, with black beans, salad, and corn muffins
- Day 5: Crock Cajun Turkey**, with 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 (need 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 (need 10 cloves) [D1,2,4,5]  
Green bell peppers (need 1 large and 1 medium) [D1,5]  
Celery (need 2 medium stalks) [D2,5]  
Green onions (need 1/2 cup, sliced) [D4]  
Baby carrots (need 8) [D5] \*\*Additional (1 meal) [D3]  
Butternut squash (need 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 (need 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 (need 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 (need 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

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.

## Autumn Tuscany Chicken

### INGREDIENTS: (Serves 6)

1 1/2 pounds butternut squash, peeled and cut into chunks  
1 1/2 pounds boneless skinless chicken breast meat, cut into chunks  
1 large green bell pepper, seeded, de-ribbed and cut into chunks  
1/2 cup salsa, your favorite

1 (14.5-oz.) can diced tomatoes, undrained  
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 SUGGESTIONS:** 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

### INGREDIENTS: (Serves 8) Freeze Leftovers

1 pound dried navy beans, pre-soaked  
6 cups low sodium chicken broth  
1 medium onion, chopped  
1 medium stalk celery, chopped

2 cloves garlic, pressed  
1/2 bay leaf  
1 (14.5-oz.) can diced tomatoes, undrained  
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 SUGGESTIONS:** A big spinach salad and some crusty bread.

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## Barbecued Beef in a Pot

### INGREDIENTS: (Serves 6)

1 tablespoon vegetable oil

2 pounds round or chuck roast (whichever is on sale)

1 1/2 cups barbecue sauce

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 SUGGESTIONS:** 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

### INGREDIENTS: (Serves 6)

1 1/2 tablespoons vegetable 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 green onions, sliced

3 to 4 cloves garlic, pressed

1 teaspoon oregano

1 1/4 cups salsa, your favorite

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; 3 1/2 Fat. **Points:** 8

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

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## Crock Cajun Turkey

**INGREDIENTS:** (Serves 6)

3 tablespoons olive oil  
2 large onions, chopped  
2 to 3 cloves garlic, pressed  
3 tablespoons flour  
1 1/2 pounds raw turkey meat, cubed  
8 baby carrots, halved  
1 medium stalk celery, finely chopped

1 medium green bell pepper,  
seeded, de-ribbed and chopped  
3/4 cup water  
1 (14.5-oz.) can low sodium chicken  
broth  
1 teaspoon Cajun seasoning (or to  
taste, depending on your heat tolerance)  
Salt and pepper to taste



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

# SAVING DINNER

*with*



Crock Cooker  
Fall E book  
Volume 3

# Crock Cooker E book Fall Volume 3

Week 1	<p><b>Day 1: Carolina Crock Chicken</b>, serve shredded chicken on burger buns and add a big salad</p> <p><b>Day 2: Crock Beef and Veggie Soup</b>, with a big spinach salad and whole grain rolls</p> <p><b>Day 3: Sweet and Sour Cabbage</b>, top with sour cream and add dark rye bread</p> <p><b>Day 4: Russian Chicken</b>, with steamed red potatoes and steamed broccoli</p> <p><b>Day 5: Cranberry Chipotle Beef</b>, serve shredded beef in corn tortillas and add corn on the cob and a relish tray</p>
Week 2	<p><b>Day 1: Chicken Osso Buco</b>, over orzo with stir-fried zucchini and yellow squash</p> <p><b>Day 2: Slow Cooker Cabbage and Beef Stew</b>, top with sour cream and add garlic mashed russet potatoes</p> <p><b>Day 3: Sour Cream Pork Chops</b>, with baked sweet potatoes and steamed asparagus</p> <p><b>Day 4: Nawlins Jambalaya</b>, add a big spinach salad</p> <p><b>Day 5: Barbecued Brisket</b>, with baked russet potatoes and a big salad</p>
Week 3	<p><b>Day 1: Crock Cooker Chicken Curry with Quinoa</b>, with braised kale and steamed baby carrots</p> <p><b>Day 2: Taco Chili</b>, top with garnishes and add a big salad and warm corn muffins</p> <p><b>Day 3: Crock Cooker Savory Pork Stew</b>, with baked butternut squash, steamed green beans, and whole grain rolls</p> <p><b>Day 4: Crock Cooker Beef Stroganoff</b>, add steamed broccoli</p> <p><b>Day 5: Slow Cooker Asian Chicken</b>, with brown rice and stir-fried zucchini, yellow squash and snow peas</p>
Week 4	<p><b>Day 1: Crock Cooker Chipotle Lime Chicken</b>, with brown rice, corn on the cob and a big salad</p> <p><b>Day 2: Slow Cooker Shitake Mushroom Meatloaf</b>, add baked russet potatoes and steamed broccoli</p> <p><b>Day 3: Lentil and Ham Soup</b>, with a big spinach salad and crusty bread</p> <p><b>Day 4: Crock Chicken with Winter Vegetables</b>, add mashed russet potatoes and steamed baby Brussels sprouts</p> <p><b>Day 5: Crock Cooker Fajita Stew</b>, with garnishes, a big salad and warm corn muffins</p>
Week 5	<p><b>Day 1: Cider Chicken Stew</b>, with steamed red potatoes and steamed broccoli</p> <p><b>Day 2: Mexican Round Steak</b>, serve in whole wheat tortillas and add a big salad</p> <p><b>Day 3: Baked Bean Soup</b>, with a big spinach salad and crusty bread</p> <p><b>Day 4: Savory Slow Cooker Chicken and Vegetables</b>, add roasted Brussels sprouts</p> <p><b>Day 5: Slow Cooker Santa Fe Beef</b>, with garnishes, a big salad, and warm corn muffins</p>
Week 6	<p><b>Day 1: Slow Cooker Garlic Brown Sugar Chicken</b>, add brown rice and stir-fried zucchini, yellow squash and snow peas</p> <p><b>Day 2: Slow Cooker Macaroni Chili</b>, with a big salad</p> <p><b>Day 3: Hearty Turkey and Veggie Soup</b>, add a relish tray and crusty bread</p> <p><b>Day 4: Fruited Pork Roast</b>, with baked sweet potatoes and steamed broccoli</p> <p><b>Day 5: Slow Cooker Honey Chicken</b>, add wild rice pilaf and steamed asparagus</p>



Week 7	<p><b>Day 1: Chicken and Sweet Potato Stew</b>, with broccoli slaw and whole grain rolls</p> <p><b>Day 2: Crock Cooker Pasta E Fagioli Soup</b>, add a big spinach salad</p> <p><b>Day 3: Hoisin Turkey Tenderloin</b>, with brown rice and stir-fried zucchini, yellow squash and snow peas</p> <p><b>Day 4: Hearty Crock Cabbage Rolls</b>, top with sour cream and add a big salad and dark rye bread</p> <p><b>Day 5: Crock Cooker El Paso Stuffed Chicken</b>, with corn in the cob and a big salad</p>
Week 8	<p><b>Day 1: Greek Crock Cooker Stew</b>, with whole wheat couscous and a big spinach salad</p> <p><b>Day 2: Crock Cooker Mongolian Beef</b>, serve over brown rice and add stir-fried mushrooms and snow peas</p> <p><b>Day 3: Slow Cooker Lemon Turkey</b>, with steamed new potatoes and steamed asparagus</p> <p><b>Day 4: Shrimp and Ham Jambalaya</b>, add steamed green beans</p> <p><b>Day 5: Slow Cooker Chicken-Veggie Alfredo</b>, with steamed broccoli spears and garlic toast</p>
Week 9	<p><b>Day 1: Chicken, Vegetable and Bean Soup</b>, add a baby spinach salad and whole grain rolls</p> <p><b>Day 2: Slow Cooker Beef and Mushrooms</b>, with garlic-mashed russet potatoes and steamed broccoli</p> <p><b>Day 3: Turkey Chili</b>, top with garnishes and add a big salad and warm corn muffins</p> <p><b>Day 4: Thai Pork Stew</b>, with stir-fried zucchini, yellow squash and snow peas</p> <p><b>Day 5: Crock Cooker Moroccan Chicken</b>, add whole wheat couscous and a mixed baby greens salad</p>
Week 10	<p><b>Day 1: Chicken Edamame Chowder</b>, with a relish tray and cheese bread sticks</p> <p><b>Day 2: Slow Cooker Cowboy Beef and Beans</b>, add coleslaw and whole grain rolls</p> <p><b>Day 3: Crock Barley Lamb Stew</b>, with a big spinach salad and crusty bread</p> <p><b>Day 4: Slow Cooker Black Bean and Pork Chili</b>, top with garnishes and add a big salad and warm corn muffins</p> <p><b>Day 5: Slow Cooker Tuscany Peasant-Style Chicken</b>, with steamed new potatoes and steamed baby carrots and petite green peas</p>
Week 11	<p><b>Day 1: Crock Cooker Chicken Parmesan</b>, serve over Angel Hair pasta and add a big salad</p> <p><b>Day 2: Crock Stew</b>, with mashed russet potatoes and steamed broccoli</p> <p><b>Day 3: Crockoli Cheddar Soup</b>, add a big spinach salad and whole grain rolls</p> <p><b>Day 4: Crock Beef Burgundy</b>, with baked butternut squash and steamed baby Brussels sprouts</p> <p><b>Day 5: Slow Cooker Marinated Lemon Turkey</b>, add steamed new potatoes and steamed asparagus</p>
Week 12	<p><b>Day 1: Prosciutto Creamed Chicken</b>, serve over egg noodles and add steamed asparagus</p> <p><b>Day 2: Creamy Mexican Creole Pork Stew</b>, topped with cilantro with corn on the cob and a big salad</p> <p><b>Day 3: Slow Cooker Roast and Sweet Potatoes</b>, add steamed kale</p> <p><b>Day 4: Braised Slow Cooker Turkey</b>, with steamed new potatoes and steamed green beans</p> <p><b>Day 5: Old-Fashioned Bean Soup</b>, add a big spinach salad and crusty bread</p>

# Crock Cooker E book Shopping List

Fall Volume 3 Week 1

**Day 1: Carolina Crock Chicken,** serve shredded chicken on burger buns and add a big salad

**Day 2: Crock Beef and Veggie Soup,** with a big spinach salad and whole grain rolls

**Day 3: Sweet and Sour Cabbage,** top with sour cream and add dark rye bread

**Day 4: Russian Chicken,** with steamed red potatoes and steamed broccoli

**Day 5: Cranberry Chipotle Beef,** serve shredded beef in corn tortillas and add corn on the cob and a relish tray

## SHOPPING LIST:

### MEAT/POULTRY/SEAFOOD

1 3/4 pounds lean beef stew meat [D2]

1 (3-lb.) beef chuck roast [D5]

Cooked ham (3 cups diced) [D3]

2 pounds boneless skinless chicken thighs [D1]

6 (6-oz.) boneless skinless chicken breast halves [D4]

### CONDIMENTS

Olive oil [D1,D2]

Cider vinegar [D1]

Russian salad dressing (1 cup) [D4]

Worcestershire sauce [D1]

Chunky apricot preserves (1 cup) [D4]

\*\*Salad dressing(s) (your choice) [D1,D2]

\*\*Whole black olives [D5]

### CANNED GOODS

2 (14.5-oz.) cans low sodium beef broth [D2]

1 (28-oz.) can diced tomatoes [D3]

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

1 (8-oz.) can tomato sauce [D2]

Tomato paste (6 ounces plus 1/3 cup) [D1,D3]

Chipotle chili peppers in adobo sauce (1 tablespoon chopped) [D5]

Whole berry cranberry sauce (24 ounces) [D5]

### SPICES

Sea salt [D2,D3,D5]

Black peppercorns [D1,D2,D3,D5]

Dry mustard [D1]

Thyme [D2]

### DRY GOODS

Brown sugar [D3]

Raisins (1/3 cup) [D3]

Brown rice (1/2 cup uncooked) [D3]

### PRODUCE

Onions (1 large plus 1 medium plus 1 small plus 2 cups chopped) [D1,D2,D3,D4,D5]

Garlic (5 cloves) [D1,D5]

Carrots (3 medium) [D2]

Green bell peppers (1 small) [D2]

Green beans (1 cup) [D2]

Cabbage (1 head) [D3]

Lemons (1) [D3]

\*\*Red potatoes [D4]

\*\*Corn on the cob (or buy frozen) [D5]

\*\*Baby carrots [D5]

\*\*Cherry tomatoes [D5]

\*\*Broccoli [D4]

\*\*Spinach [D2]

\*\*Lettuce (not Iceberg, no nutrition) [D1]

\*\*Salad veggies (your choice) [D1]

### DAIRY/DAIRY CASE

\*\*Butter, unsalted [D2,D3,D5]

\*\*Sour cream [D3]

### FREEZER

\*\*Corn on the cob (if not using fresh) [D5]

### BAKERY

\*\*Whole wheat burger buns [D1]

\*\*Whole grain rolls [D2]

\*\*Dark rye bread [D3]

\*\*Corn tortillas [D5]

### GLUTEN FREE

Cider vinegar [D1]

Russian salad dressing [D4]

Worcestershire sauce [D1]

Apricot preserves [D4]

Beef broth [D2]

Canned tomatoes [D2,D3]

Tomato sauce [D2]

Tomato paste [D1,D3]

Chipotle chilies [D5]

Cranberry sauce [D5]

Ham [D3]



**[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

## Carolina Crock Chicken

Day 1 – Serves 6

### INGREDIENTS:

Olive oil  
2 pounds boneless skinless chicken thighs  
1 cup chopped onion  
2 cloves garlic, pressed

1 1/2 teaspoons dry mustard  
Freshly ground black pepper, to taste  
1/3 cup tomato paste  
1/3 cup Worcestershire sauce  
3 tablespoons cider vinegar



### INSTRUCTIONS:

Heat a little olive oil in a large skillet over medium-high heat; add chicken and brown on all sides; transfer to a slow cooker; add remaining ingredients. Cover and cook on LOW for 8 to 9 hours or on HIGH for 5 to 7 hours. Shred chicken with two forks and blend with slow cooker juices.

**NUTRITION per serving:** 186 Calories; 6g Fat; 28g Protein; 8g Carbohydrate; 1g Dietary Fiber; 149mg Cholesterol; 585mg Sodium. **Exchanges:** 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fat; 0 Other Carbohydrates. **Points:** 5

**SERVING SUGGESTION:** Serve shredded chicken and juices on lightly toasted whole wheat burger buns; add a big salad.

**GLUTEN FREE:** Make sure tomato paste, Worcestershire sauce and vinegar are gluten free.

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## Crock Beef and Veggie Soup

Day 2 – Serves 6

### INGREDIENTS:

1 1/2 tablespoons olive oil  
1 3/4 pounds lean beef stew meat, cubed  
Sea salt and freshly ground black pepper, to taste  
1 3/4 cups water  
1 small green bell pepper, de-seeded, de-ribbed and chopped  
1 cup fresh green beans, cut into 1-inch pieces

1 medium onion, chopped  
3 medium carrots, sliced  
1/2 teaspoon thyme  
2 (14.5-oz.) cans low sodium beef broth  
2 (14.5-oz.) cans diced tomatoes with garlic, un-drained  
1 (8-oz.) can tomato sauce



### INSTRUCTIONS:

Heat the oil in a skillet over medium-high heat; brown beef cubes, salting and peppering to taste; remove from skillet and set aside. Add the water to the skillet and whisk up all of the browned bits from the bottom of the pan. Place veggies in a large crock cooker; add meat and top with the water from the skillet. Add remaining ingredients. Cover and cook on LOW for 8 to 9 hours or on HIGH for 4 to 5 hours or until veggies are tender.

**NUTRITION per serving:** 336 Calories; 13g Fat; 38g Protein; 17g Carbohydrate; 5g Dietary Fiber; 83mg Cholesterol; 792mg Sodium. **Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 2 Vegetable; 1/2 Fat. **Points:** 8

**SERVING SUGGESTIONS:** Serve with a big spinach salad on the side; add some whole grain rolls and butter.

**GLUTEN FREE:** Make sure broth, canned tomatoes and tomato sauce are gluten free.

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## Sweet and Sour Cabbage

Day 3 – Serves 6

### INGREDIENTS:

1 head cabbage	1 (28-oz.) can diced tomatoes
3 cups diced cooked ham	1 (6-oz.) can tomato paste
1 cup chopped onion	1 lemon, juiced
1/2 cup brown rice, uncooked	1/3 cup brown sugar
Sea salt and freshly ground black pepper, to taste	1/3 cup raisins



### INSTRUCTIONS:

Core cabbage and remove 1 or 2 of the outer leaves; place head in a saucepan of boiling water, covered, and simmer for 5 to 6 minutes; drain and remove from saucepan to cool. In a bowl, combine ham, onion, dry rice and salt and pepper to taste; set aside. In another bowl, combine tomatoes and tomato paste. Remove 1/2 cup of this mixture and add it to the ham mixture. Reserve the remaining tomato mixture for later use. Carefully remove 6 leaves from the par-boiled cabbage head and spoon a portion of the ham mixture into each leaf; roll up, envelope style. Cut remaining cabbage head into 6 wedges and place in slow cooker; place cabbage rolls on top. Add lemon juice, brown sugar and raisins to reserved tomato mixture; blend well; pour over cabbage in slow cooker. Cover and cook on Low for 5 to 6 hours, or until rice is cooked through. Serve cabbage rolls and wedges with sauce from slow cooker.

**NUTRITION per serving:** 344 Calories; 8g Fat; 19g Protein; 53g Carbohydrate; 8g Dietary Fiber; 38mg Cholesterol; 1628mg Sodium. **Exchanges:** 1 Grain(Starch); 2 Lean Meat; 3 Vegetable; 1/2 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

**Points:** 9

**SERVING SUGGESTION:** Garnish each serving with a dollop of sour cream. Add some dark rye bread and butter.

**GLUTEN FREE:** Make sure ham, tomatoes and tomato paste are gluten free.

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## Russian Chicken

Day 4 – Serves 6

### INGREDIENTS:

6 (6-oz.) boneless skinless chicken breast halves	1 cup chunky apricot preserves
1 small onion, chopped	1 cup Russian salad dressing



### INSTRUCTIONS:

Place chicken in slow cooker; spread chopped onion on top. Combine apricot preserves and Russian dressing; pour over chicken. Cover and cook on Low for 3 to 4 hours, or until chicken is cooked through.

**NUTRITION per serving:** 523 Calories; 23g Fat; 40g Protein; 40g Carbohydrate; 1g Dietary Fiber; 106mg Cholesterol; 487mg Sodium. **Exchanges:** 5 1/2 Lean Meat; 0 Vegetable; 4 Fat; 2 1/2 Other Carbohydrates. **Points:** 14

**SERVING SUGGESTION:** Steamed red potatoes and steamed broccoli.

**GLUTEN FREE:** Make sure preserves and salad dressing are gluten free.

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## Cranberry Chipotle Beef

Day 5 – Serves 6

### INGREDIENTS:

1 large onion, cut into thin wedges  
1 (3-lb.) beef chuck roast  
1/4 teaspoon sea salt  
1/4 teaspoon freshly ground black pepper

3 cloves garlic, pressed  
24 ounces whole berry cranberry sauce  
1/2 to 1 tablespoon finely chopped canned  
chipotle chili peppers in adobo sauce



### INSTRUCTIONS:

Place onion in a slow cooker; add beef, cutting to fit if necessary. Sprinkle with salt, pepper and garlic. Combine cranberry sauce and chipotle peppers and pour over all. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours. Shred beef with two forks and blend with slow cooker juices.

**NUTRITION per serving:** 522 Calories; 17g Fat; 52g Protein; 47g Carbohydrate; 2g Dietary Fiber; 193mg Cholesterol; 259mg Sodium. **Exchanges:** 0 Grain(Starch); 7 1/2 Lean Meat; 1/2 Vegetable; 0 Fat; 3 Other Carbohydrates. **Points:** 14

**SERVING SUGGESTION:** Serve with shredded beef and juices in warmed corn tortillas. Add corn on the cob and a relish tray of cherry tomatoes, baby carrots and whole black olives.

**GLUTEN FREE:** Make sure cranberry sauce and chipotle chilies are gluten free.

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# Crock Cooker E book Shopping List

Fall Volume 3 Week 2

**Day 1: Chicken Osso Buco**, over orzo with stir-fried zucchini and yellow squash

**Day 2: Slow Cooker Cabbage and Beef Stew**, top with sour cream and add garlic mashed russet potatoes

**Day 3: Sour Cream Pork Chops**, with baked sweet potatoes and steamed asparagus

**Day 4: Nawlins Jambalaya**, add a big spinach salad

**Day 5: Barbecued Brisket**, with baked russet potatoes and a big salad

## SHOPPING LIST:

### MEAT/POULTRY/SEAFOOD

2 pounds 95% lean ground beef [D2]

1 (3 1/2-lb.) beef brisket [D5]

6 (6-oz.) boneless loin pork chops [D3]

1 pound turkey kielbasa [D4]

Boneless skinless chicken thighs (12 - about 1 1/2 pounds) (plus 3/4 pound) [D1,D4]

1/2 pound medium shrimp, peeled and deveined [D4]

### CONDIMENTS

Olive oil [D3]

Sun-dried tomato salad dressing [D1]

Barbecue sauce, your favorite (3 cups) [D5]

\*\*Salad dressing(s) (your choice) [D4,D5]

### CANNED GOODS

Low sodium chicken broth (4 cups) [D3,D4]

4 (14.5-oz.) cans diced tomatoes [D2,D4]

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

Tomato sauce (12 ounces) [D2]

### SPICES

Sea salt [D1,D2,D3]

Black peppercorns [D1,D2,D3]

Ground cinnamon [D2]

Garlic powder [D3]

Creole seasoning [D4]

\*\*Italian seasoning [D1]

### PRODUCE

Onions (2 large plus 1 cup diced) [D2,D3,D4]

Celery (2 large stalks) [D4]

Carrots (1 cup chopped) [D1]

Green bell peppers (1 large) [D4]

Cabbage (1 small head) [D2]

Lemons (1 1/2 tablespoons juice plus 1 1/2 teaspoons grated peel) [D1]

\*\*Garlic [D2]

\*\*Russet potatoes [D2,D5]

\*\*Sweet potatoes [D3]

\*\*Asparagus [D3]

\*\*Zucchini and yellow squash [D1]

\*\*Spinach [D4]

\*\*Lettuce (not Iceberg, no nutrition) [D5]

\*\*Salad veggies (your choice) [D5]

### DAIRY/DAIRY CASE

1 (8-oz.) container low fat sour cream \*\*Additional [D2,D3]

### DRY GOODS

Flour [D1,D3]

Brown rice (1 cup uncooked) [D4]

\*\*Orzo [D1]

### GLUTEN FREE

Kielbasa [D4]

Sun-dried tomato salad dressing [D1]

Barbecue sauce [D5]

Chicken broth [D3,D4]

Canned tomatoes [D1,D2,D4]

Tomato sauce [D2]

Creole seasoning [D4]

Flour [D1,D3]



**[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



## Chicken Osso Buco

Day 1 – Serves 6

### INGREDIENTS:

12 boneless skinless chicken thighs (about 1 1/2 pounds)  
1/4 cup flour  
Sea salt and freshly ground black pepper, to taste  
1 cup chopped carrots  
2 (14.5-oz.) cans stewed tomatoes, un-drained

3 tablespoons sun-dried tomato salad dressing  
1 1/2 teaspoons grated lemon peel  
1 1/2 tablespoons lemon juice



### INSTRUCTIONS:

Dredge chicken in flour that has been seasoned with salt and pepper. Place chicken and any remaining flour in a slow cooker. Add remaining ingredients and stir to combine. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours. Before serving, stir chicken mixture to thicken sauce.

**NUTRITION per serving:** 194 Calories; 5g Fat; 22g Protein; 17g Carbohydrate; 2g Dietary Fiber; 111mg Cholesterol; 421mg Sodium. **Exchanges:** 1/2 Grain(Starch); 2 Vegetable; 0 Fruit; 0 Fat. **Points:** 5

**SERVING SUGGESTION:** Serve over orzo pasta; add stir-fried zucchini and yellow squash sprinkled with Italian seasoning.

**GLUTEN FREE:** Make sure canned tomatoes and salad dressing are gluten free. Use gluten free flour.

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## Slow Cooker Cabbage and Beef Stew

Day 2 – Serves 6

### INGREDIENTS:

2 pounds 95% lean ground beef  
1 cup diced onion  
6 cups sliced cabbage (1 small head)  
3 (14.5-oz) cans diced tomatoes, un-drained

12 ounces tomato sauce  
1 teaspoon ground cinnamon  
Sea salt and freshly ground black pepper, to taste



### INSTRUCTIONS:

In a large skillet over medium-high heat, brown ground beef and onion; transfer to a slow cooker. Place cabbage on top of ground beef. In a large bowl, combine tomatoes, tomato sauce and seasonings; pour over beef, onion and cabbage. Cover and cook on LOW for 8 to 10 hours.

**NUTRITION per serving:** 305 Calories; 8g Fat; 38g Protein; 21g Carbohydrate; 7g Dietary Fiber; 94mg Cholesterol; 1189mg Sodium. **Exchanges:** 0 Grain(Starch); 2 Vegetable; 0 Fat. **Points:** 7

**SERVING SUGGESTION:** Top each serving of cabbage and tomato sauce with a dollop of low fat sour cream. Add garlic-mashed russet potatoes on the side.

**GLUTEN FREE:** Make sure tomatoes and tomato sauce are gluten free.

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## Sour Cream Pork Chops

Day 3 – Serves 6

### INGREDIENTS:

6 (6-oz.) boneless loin pork chops, trimmed  
Sea salt and freshly ground black pepper, to taste  
Garlic powder, to taste  
1/2 cup plus 2 tablespoons flour, divided

Olive oil

1 large onion, sliced 1/4 inch thick  
2 cups low sodium chicken broth  
1 (8-oz.) container low fat sour cream, at room temperature



### INSTRUCTIONS:

Season pork chops with salt, pepper and garlic powder; dredge in 1/2 cup of the flour. In a skillet over medium heat, lightly brown chops in a small amount of oil; transfer to a slow cooker and top with onion slices. Pour broth over all. Cover and cook on LOW for 6 to 7 hours. With a slotted spoon, CAREFULLY remove the very tender pork chops from the slow cooker; keep warm. In a small bowl, blend 2 tablespoons of flour with the sour cream; stir into slow cooker juices. Turn slow cooker setting to HIGH and cook for 15 to 30 minutes or until sauce has slightly thickened. Serve sauce over pork chops.

**NUTRITION per serving:** 315 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:** Baked sweet potatoes and steamed asparagus.

**GLUTEN FREE:** Make sure broth is gluten free. Use gluten free flour.

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## Nawlins Jambalaya

Day 4 – Serves 6

### INGREDIENTS:

2 cups low sodium chicken broth  
1 tablespoon Creole seasoning  
1 large green bell pepper, de-seeded, de-ribbed and diced  
1 large onion, diced  
2 large stalks celery, diced  
1 (14.5-oz.) can diced tomatoes, un-drained

1 pound turkey kielbasa, diced  
3/4 pound boneless skinless chicken thigh meat, cubed  
1 cup uncooked brown rice  
1/2 pound fresh medium shrimp, peeled and deveined



### INSTRUCTIONS:

In a slow cooker, combine first 9 ingredients (broth through rice). Cover and cook on LOW for 7 to 8 hours or on HIGH for 4 to 5 hours. Add shrimp; cover and cook for 40 minutes or until done.

**NUTRITION per serving:** 360 Calories; 8g Fat; 37g Protein; 35g Carbohydrate; 3g Dietary Fiber; 188mg Cholesterol; 1159mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates. **Points:** 9

**SERVING SUGGESTION:** Serve a big spinach salad on the side.

**GLUTEN FREE:** Make sure broth, Creole seasoning, tomatoes and kielbasa are gluten free.

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## Barbecued Brisket

Day 5 – Serves 6

### INGREDIENTS:

1 (3 1/2-lb.) beef brisket, trimmed

3 cups barbecue sauce (your favorite)



### INSTRUCTIONS:

Place brisket in slow cooker; pour sauce on top. Cover and cook on Low for 4 to 6 hours, or until brisket is tender.

**NUTRITION per serving:** 504 Calories; 22g Fat; 57g Protein; 16g Carbohydrate; 2g Dietary Fiber; 164mg Cholesterol; 1228mg Sodium. **Exchanges:** 8 Lean Meat; 1 Other Carbohydrates. **Points:** 12

**SERVING SUGGESTION:** Baked russet potatoes and a big salad.

**GLUTEN FREE:** Make sure barbecue sauce is gluten free.

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# Crock Cooker E book Shopping List

Fall Volume 3 Week 3

**Day 1: Crock Cooker Chicken Curry with Quinoa**, with braised kale and steamed baby carrots

**Day 2: Taco Chili**, top with garnishes and add a big salad and warm corn muffins

**Day 3: Crock Cooker Savory Pork Stew**, with baked butternut squash, steamed green beans, and whole grain rolls

**Day 4: Crock Cooker Beef Stroganoff**, add steamed broccoli

**Day 5: Slow Cooker Asian Chicken**, with brown rice and stir-fried zucchini, yellow squash and snow peas

## SHOPPING LIST:

### MEAT/POULTRY/SEAFOOD

1 pound 95% lean ground beef [D2]

2 pounds beef stew meat [D4]

1 1/3 pounds boneless pork shoulder roast [D3]

6 (6-oz.) boneless skinless chicken breast halves [D5]

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

### CONDIMENTS

Olive oil [D1,D3,D5]

Dijon mustard [D4]

Low sodium soy sauce [D5]

\*\*Salad dressing(s) (your choice) [D2]

### CANNED GOODS

Low sodium chicken broth (27 ounces) [D1,D3]

Low sodium beef broth (1 cup) [D4]

2 (15-oz.) cans seasoned tomato sauce with diced tomatoes [D2]

1 (15-oz.) can chili beans [D2]

1 (15-oz.) can hominy OR whole kernel corn [D2]

### SPICES

Sea salt [D3,D4]

Black peppercorns [D3]

Curry powder [D1]

Paprika [D1,D4]

Rosemary [D3]

Sage [D3]

Ground ginger [D5]

### DAIRY/DAIRY CASE

Skim milk (1/4 cup) [D1]

Half and half (1/2 cup) [D3]

U.K. Members: Half and half is half milk and half cream

Low fat sour cream (1 cup) [D4]

\*\*Butter, unsalted [D2]

\*\*Low fat Cheddar cheese, shredded for garnish [D2]

### PRODUCE

Onions (1 1/2 cups chopped) \*\*Additional [D1,D2,D4]

Garlic (4 cloves) [D4,D5]

Celery (1 1/4 cups chopped) [D1]

Green onions (1/3 cup sliced) [D3]

Mushrooms (10 ounces) [D4]

Granny Smith apples (1 3/4 cups chopped) [D1]

Parsley (2 tablespoons chopped) [D4]

\*\*Butternut squash [D3]

\*\*Baby carrots [D1]

\*\*Green beans [D3]

\*\*Broccoli [D4]

\*\*Zucchini, yellow squash and snow peas [D5]

\*\*Kale [D1]

\*\*Cilantro [D2]

\*\*Lettuce (not Iceberg, no nutrition) [D2]

\*\*Salad veggies (your choice) [D2]

### DRY GOODS

Flour [D3,D4]

Brown sugar [D5]

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

Quinoa (1/3 cup) [D1]

1 (16-oz.) package egg noodles [D4]

Slivered almonds (4 1/2 tablespoons) [D5]

\*\*Brown rice [D5]

### BAKERY

\*\*Corn muffins [D2]

\*\*Whole grain rolls [D3]

### GLUTEN FREE

Dijon mustard [D4]

Soy sauce [D5]

Chicken broth [D1,D3]

Beef broth [D4]

Tomato sauce [D2]

Canned chili beans [D2]

Canned hominy OR corn [D2]

Curry powder [D1]

Flour [D3,D4]

Taco seasoning mix [D2]

Pasta [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 Chicken with Quinoa

Day 1 – Serves 6

### INGREDIENTS:

1 1/2 pounds boneless skinless chicken breast meat, diced*	1 cup low sodium chicken broth
3/4 cup chopped onion	1/4 cup skim milk
1 1/4 cups chopped celery	1 tablespoon curry powder
1 3/4 cups chopped Granny Smith apples	1/4 teaspoon paprika
	1/3 cup quinoa



### INSTRUCTIONS:

In a slow cooker, place first 8 ingredients (chicken through paprika); blend well. Cover and cook on LOW for 4 to 5 hours. Stir in the quinoa during the last 35 minutes of cooking time and cook until tender.

\*LEANNE'S NOTE: Partially frozen chicken is easier to dice.

**NUTRITION per serving:** 202 Calories; 2g Fat; 30g Protein; 14g Carbohydrate; 2g Dietary Fiber; 66mg Cholesterol; 191mg Sodium. **Exchanges:** 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 0 Fat. **Points:** 5

**SERVING SUGGESTION:** Serve braised kale on the side (wash, de-rib, roll up and slice kale into "ribbons"; sauté in a little olive oil then add water; cover and simmer till tender). Add steamed baby carrots.

**GLUTEN FREE:** Make sure broth and curry powder are gluten free.

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## Taco Chili

Day 2 – Serves 6

### INGREDIENTS:

1 pound 95% lean ground beef	1 (15-oz.) can hominy OR whole kernel corn, undrained
2 (15-oz.) cans seasoned tomato sauce with diced tomatoes	
1 (15-oz.) can chili beans	1 (1.25-oz.) envelope taco seasoning mix



### INSTRUCTIONS:

In a large skillet, cook ground beef until brown; drain off fat then transfer to a slow cooker. Add remaining ingredients; stir to combine. Cover and cook on LOW for 4 to 6 hours or on HIGH for 2 to 3 hours.

**NUTRITION per serving:** 275 Calories; 5g Fat; 23g Protein; 36g Carbohydrate; 7g Dietary Fiber; 47mg Cholesterol; 1983mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates. **Points:** 7

**SERVING SUGGESTION:** Serve in bowls, topped with finely chopped onion, shredded low fat Cheddar cheese and chopped cilantro. Serve a big salad on the side and add some warm corn muffins with butter.

**GLUTEN FREE:** Make sure tomato sauce, beans, hominy/corn and taco seasoning mix are gluten free.

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## Crock Cooker Savory Pork Stew

Day 3 – Serves 6

### INGREDIENTS:

1 tablespoon olive oil  
1 1/3 pounds boneless pork shoulder roast, cut into 3/4-inch cubes  
19 ounces low sodium chicken broth  
2/3 cup water  
1/3 cup sliced green onions

1 teaspoon dried rosemary, crushed  
1/4 teaspoon dried sage  
Sea salt and freshly ground black pepper, to taste  
2 tablespoons flour  
1/2 cup half and half



### INSTRUCTIONS:

Heat the oil in a heavy skillet over medium-high heat; add pork cubes and brown on all sides. Add chicken broth, water, green onions and seasonings. Bring to a boil then transfer mixture to a slow cooker. Cover and cook on LOW for 8 hours. Toward the end of cooking time raise heat setting to HIGH. Combine flour and half and half to a smooth paste; gradually stir into stew. Cook, uncovered, stirring occasionally, until thickened. (Depending on the make, model and age of your crock cooker, you may need to place stew in a saucepan to thicken on the stovetop). It's not going to be really thick anyway—just thicker.

**NUTRITION per serving:** 265 Calories; 16g Fat; 24g Protein; 4g Carbohydrate; trace Dietary Fiber; 61mg Cholesterol; 284mg Sodium. **Exchanges:** 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat. **Points:** 7

**SERVING SUGGESTION:** Serve with baked butternut squash and steamed green beans. Add some whole grain rolls to mop up the sauce.

**GLUTEN FREE:** Make sure chicken broth is gluten free. Use gluten free flour.

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## Crock Cooker Beef Stroganoff

Day 4 – Serves 8 (leftovers!)

### INGREDIENTS:

2 pounds beef stew meat, cut into 1-inch cubes  
10 ounces mushrooms, halved  
3/4 cup chopped onion  
1 clove garlic, pressed  
1 cup low sodium beef broth  
2 teaspoons paprika

1 teaspoon sea salt  
1 cup low fat sour cream  
2 tablespoons flour  
1 tablespoon Dijon mustard  
1 (16-oz.) package egg noodles  
2 tablespoons chopped parsley



### INSTRUCTIONS:

Place meat, mushrooms, onion and garlic in a slow cooker; add broth, paprika and salt. Cover and cook on LOW for 7 to 8 hours. In a small bowl, combine sour cream, flour and mustard. Add to meat mixture in slow cooker; stir until well blended. Cover and cook on LOW for 15 minutes. Meanwhile, cook noodles according to package directions; drain and place in a serving bowl. Add meat mixture; mix lightly. Sprinkle with chopped parsley.

**NUTRITION per serving:** 479 Calories; 12g Fat; 41g Protein; 49g Carbohydrate; 2g Dietary Fiber; 131mg Cholesterol; 353mg Sodium. **Exchanges:** 3 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates. **Points:** 12

**SERVING SUGGESTION:** Serve steamed broccoli on the side.

**GLUTEN FREE:** Make sure broth and mustard are gluten free. Use your favorite gluten free pasta and gluten free flour.

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## Slow Cooker Asian Chicken

Day 5 – Serves 6

### INGREDIENTS:

1 tablespoon olive oil  
6 (6-oz.) boneless skinless chicken breast halves  
1/2 cup low sodium soy sauce  
3 tablespoons brown sugar

3 tablespoons water  
3 cloves garlic, pressed  
1 1/2 teaspoons ground ginger  
4 1/2 tablespoons slivered almonds



### INSTRUCTIONS:

Heat the olive oil in a large skillet over medium heat; add chicken and brown on both sides; transfer to a slow cooker. In a small bowl, combine soy sauce, brown sugar, water, garlic and ginger; pour over chicken. Cover and cook on LOW for 6 to 8 hours. Divide chicken evenly among dinner plates and garnish with almonds.

**NUTRITION per serving:** 280 Calories; 8g Fat; 42g Protein; 9g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 914mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 1 Fat; 1/2 Other Carbohydrates. **Points:** 7

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

**GLUTEN FREE:** Make sure soy sauce is gluten free.

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# Crock Cooker E book Shopping List

Fall Volume 3 Week 4

**Day 1: Crock Cooker Chipotle Lime Chicken**, with brown rice, corn on the cob and a big salad

**Day 2: Slow Cooker Shitake Mushroom Meatloaf**, add baked russet potatoes and steamed broccoli

**Day 3: Lentil and Ham Soup**, with a big spinach salad and crusty bread

**Day 4: Crock Chicken with Winter Vegetables**, add mashed russet potatoes and steamed baby Brussels sprouts

**Day 5: Crock Cooker Fajita Stew**, with garnishes, a big salad and warm corn muffins

## SHOPPING LIST:

### MEAT/POULTRY/SEAFOOD

2 pounds boneless beef top round steak [D5]

3/4 pound 95% lean ground beef [D2]

Cooked ham (6 ounces) [D3]

6 (6-oz.) skinless chicken breast halves [D4]

4 pounds skinless chicken thighs [D1]

3/4 pound extra-lean ground turkey [D2]

### CONDIMENTS

Olive oil [D4]

Dijon mustard [D2]

Ketchup [D2]

White wine (1/2 cup) (or use low sodium chicken broth) [D4]

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

### CANNED GOODS

Low sodium chicken broth (38.5 ounces plus 1/2 cup if not using white wine) [D3,D4]

1 (14.5-oz.) can diced tomatoes [D5]

1 (15-oz.) can tomato sauce [D1]

Chipotle chilies in adobo sauce (1 tablespoon minced plus 1 teaspoon sauce) [D1]

### SPICES

Sea salt [D1,D2]

Black peppercorns [D1,D4]

Italian seasoning [D2]

Ground red pepper [D2]

Thyme [D3]

Tarragon [D4]

\*\*Ground nutmeg [D4]

### DRY GOODS

Flour [D5]

Whole wheat flour [D4]

Taco seasoning mix (1 ounce) [D5]

Brown lentils (1 cup uncooked) [D3]

\*\*Brown rice [D1]

### PRODUCE

Onions (1 medium plus 1 cup sliced plus 3 cups chopped plus 1/2 cup grated) [D1,D2,D3,D4,D5]

Garlic (5 cloves) [D1,D2,D5]

Celery (2 1/2 cups chopped) [D1,D3]

Carrots (3 medium plus 1 1/2 cups sliced plus 1 cup chopped) [D1,D3,D4]

Turnips (1 large) [D4]

Green bell peppers (1 medium) [D5]

Red bell peppers (1 medium) [D5]

Shitake mushrooms (1 1/2 cups sliced) [D2]

Spinach (3 cups chopped leaves) \*\*Additional [D3]

Cilantro (1/4 cup chopped) \*\*Additional [D1,D5]

Limes (1/4 cup juice plus wedges for garnish) [D1]

\*\*Russet potatoes [D2,D4]

\*\*Corn on the cob (or buy frozen) [D1]

\*\*Broccoli [D2]

\*\*Baby Brussels sprouts [D4]

\*\*Lettuce (not Iceberg, no nutrition) [D1,D5]

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

\*\*Green onions [D5]

### DAIRY/DAIRY CASE

Butter, unsalted [D1,D3,D4,D5]

Eggs (2 large) [D2]

Half and half (1 cup) [D4]

U.K. Members: Half and half is half milk and half cream

Parmesan cheese (1 ounce) [D3]

### FREEZER

\*\*Corn on the cob (if not using fresh) [D1]

### BAKERY

2 (1-oz.) slices whole wheat bread [D2]

\*\*Crusty bread [D3]

\*\*Corn muffins [D5]

### GLUTEN FREE

Ham [D3]

Dijon mustard [D2]

Ketchup [D2]

White wine [D4]

Chicken broth [D3,D4]

Tomato sauce [D1]

Canned tomatoes [D5]

Canned chipotle chilies [D1]

Italian seasoning [D2]

Taco seasoning mix [D5]

Flour [D4,D5]

Bread [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 Chipotle Lime Chicken

Day 1 – Serves 6

### INGREDIENTS:

1 cup sliced onion  
1 cup chopped celery  
1 cup chopped carrots  
4 pounds skinless chicken thighs  
Sea salt and freshly ground black pepper, to taste  
1 (15-oz.) can tomato sauce

1/4 cup lime juice  
1 tablespoon minced chipotle chilies in adobo sauce with 1 teaspoon sauce from can  
2 cloves garlic, pressed  
1/4 cup chopped cilantro  
Lime wedges, for garnish



### INSTRUCTIONS:

In a slow cooker, arrange onion, celery and carrot. Season chicken thighs with salt and pepper and arrange over vegetables. In a medium bowl, whisk together tomato sauce, lime juice, chipotle chilies with sauce, and garlic; pour mixture over chicken. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours. Serve chicken topped with cilantro and garnished with lime wedges.

**NUTRITION per serving:** 251 Calories; 7g Fat; 36g Protein; 11g Carbohydrate; 2g Dietary Fiber; 143mg Cholesterol; 730mg Sodium. **Exchanges:** 0 Grain (Starch); 5 Lean Meat; 2 Vegetable; 0 Fruit; 0 Fat. **Points:** 6

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

**GLUTEN FREE:** Make sure tomato sauce and chipotle chilies are gluten free.

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## Slow Cooker Shiitake Mushroom Meatloaf

Day 2 – Serves 6

### INGREDIENTS:

2 (1-oz.) slices whole wheat bread  
3/4 pound 95% lean ground beef  
3/4 pound extra-lean ground turkey  
1 1/2 cups sliced shiitake mushrooms  
1/2 cup grated onion  
1 teaspoon Italian seasoning

3/4 teaspoon sea salt  
2 large eggs, lightly beaten  
1 clove garlic, pressed  
2 tablespoons ketchup  
1 1/2 teaspoons Dijon mustard  
1/8 teaspoon ground red pepper



### INSTRUCTIONS:

Place bread in a food processor or blender; pulse 10 times or until crumbs measure 1 1/3 cups. In a large bowl, combine bread crumbs and next 8 ingredients (ground beef through garlic); shape mixture into a 9- x 6-inch loaf. Place loaf in a slow cooker. In a small bowl, combine ketchup, mustard and ground red pepper; blend well; spread evenly over the top of the loaf. Cover and cook on LOW for 5 hours.

**NUTRITION per serving:** 374 Calories; 6g Fat; 34g Protein; 52g Carbohydrate; 8g Dietary Fiber; 134mg Cholesterol; 464mg Sodium. **Exchanges:** 3 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates. **Points:** 10

**SERVING SUGGESTION:** Baked russet potatoes and steamed broccoli.

**GLUTEN FREE:** Use gluten free bread and make sure Italian seasoning, ketchup and mustard are gluten free.

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## Lentil and Ham Soup

Day 3 – Serves 6

### INGREDIENTS:

3 cups low sodium chicken broth  
3 cups water  
1 medium onion, cut into thin wedges  
1 1/2 cups chopped celery  
1 1/2 cups thinly sliced carrot

1 cup brown lentils, rinsed and drained  
6 ounces cooked ham, diced  
1 1/2 teaspoons dried thyme  
3 cups chopped spinach leaves  
1 ounce Parmesan cheese, shaved



### INSTRUCTIONS:

In a slow cooker, combine first 8 ingredients (broth through thyme); cover and cook on LOW for 7 to 8 hours or on HIGH for 3-1/2 to 4 hours; stir in spinach. Ladle into bowls and top each serving with Parmesan cheese shavings.

**NUTRITION per serving:** 239 Calories; 5g Fat; 23g Protein; 27g Carbohydrate; 12g Dietary Fiber; 20mg Cholesterol; 777mg Sodium. **Exchanges:** 1 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat. **Points:** 5

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

**GLUTEN FREE:** Make sure broth and ham are gluten free.

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## Crock Chicken with Winter Vegetables

Day 4 – Serves 6

### INGREDIENTS:

Olive oil  
6 (6-oz.) skinless chicken breast halves  
Freshly ground black pepper, to taste  
2 cups chopped onion  
1 large turnip, cut into 1/2-inch slices  
3 medium carrots, cut into 1/2-inch slices

1 teaspoon dried tarragon  
1 (14.5-oz.) can low sodium chicken broth  
1/2 cup white wine (or use additional broth)  
2 tablespoons unsalted butter  
2 tablespoons whole wheat flour  
1 cup half and half



### INSTRUCTIONS:

Heat a little olive oil a large skillet over medium-high heat; add chicken and cook until browned, about 3 minutes. Remove from skillet and pepper to your taste. Reduce skillet heat, add the onion and cook for 2 minutes. Add remaining veggies and tarragon; toss well to mix (but don't cook); transfer to a slow cooker; layer chicken on top then pour broth and wine over all. Cover and cook on LOW for 5 to 6 hours. Remove chicken and veggies from slow cooker and keep warm. Melt the butter in a saucepan over low heat; add flour and whisk together till smooth (no lumps!); cook for 1 minute but don't brown. Gradually add liquid from slow cooker. Bring to a boil then reduce heat and simmer for 1 minute. Add half and half; bring to a low simmer and cook until thickened, about 5 minutes. To serve, pour the sauce over the vegetables and chicken.

**NUTRITION per serving:** 315 Calories; 10g Fat; 37g Protein; 14g Carbohydrate; 3g Dietary Fiber; 104mg Cholesterol; 276mg Sodium. **Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 2 Vegetable; 0 Non-Fat Milk; 2 Fat. **Points:** 7

**SERVING SUGGESTION:** Mashed russet potatoes and steamed baby Brussels sprouts tossed with a little butter and a dash of ground nutmeg.

**GLUTEN FREE:** Make sure broth and wine are gluten free. Use gluten free flour.

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## Crock Cooker Fajita Stew

Day 5 – Serves 6

### INGREDIENTS:

2 pounds boneless beef top round steak, trimmed and cut into 2-inch pieces  
1 cup chopped onion  
2 cloves garlic, pressed  
1 ounce taco seasoning mix  
1 (14.5-oz.) can diced tomatoes, un-drained

1 medium red bell pepper, de-seeded, de-ribbed and cut into 1-inch pieces  
1 medium green bell pepper, de-seeded, de-ribbed and cut into 1-inch pieces  
1/4 cup flour  
1/4 cup water



### INSTRUCTIONS:

In a slow cooker, combine beef, onion and garlic. Mix together taco seasoning mix and un-drained tomatoes; pour over beef. Place peppers on top. Cover and cook on LOW for 7 to 9 hours or until beef is fork-tender. In a small bowl, combine flour and water to a smooth paste; gradually add to slow cooker and stir well. Cover and cook on HIGH for 15 to 20 minutes, stirring occasionally until thickened.

**NUTRITION per serving:** 265 Calories; 5g Fat; 36g Protein; 16g Carbohydrate; 3g Dietary Fiber; 88mg Cholesterol; 633mg Sodium. **Exchanges:** 1/2 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 0 Other Carbohydrates. **Points:** 6

**SERVING SUGGESTION:** Serve in bowls garnished with chopped cilantro and green onions. Add a big salad and some warm corn muffins with butter.

**GLUTEN FREE:** Make sure tomatoes and taco seasoning mix are gluten free. Use gluten free flour.

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# Crock Cooker E book Shopping List

Fall Volume 3 Week 5

**Day 1: Cider Chicken Stew**, with steamed red potatoes and steamed broccoli

**Day 2: Mexican Round Steak**, serve in whole wheat tortillas and add a big salad

**Day 3: Baked Bean Soup**, with a big spinach salad and crusty bread

**Day 4: Savory Slow Cooker Chicken and Vegetables**, add roasted Brussels sprouts

**Day 5: Slow Cooker Santa Fe Beef**, with garnishes, a big salad, and warm corn muffins

## SHOPPING LIST:

### MEAT/POULTRY/SEAFOOD

3 pounds boneless beef round steak [D2,D5]

6 (6-oz.) skinless chicken thighs [D1]

1 1/2 pounds skinless chicken thighs [D4]

### CONDIMENTS

Olive oil [D1,D4]

Cider vinegar [D3]

Dijon mustard [D3]

Chunky salsa (18 ounces) [D2]

Low sodium soy sauce [D3]

Molasses [D3]

White wine (1/4 cup) (or use low sodium chicken broth) [D4]

\*\*Salad dressing(s) (your choice) [D2,D3,D5]

### CANNED GOODS

Low sodium chicken broth (23.75 ounces plus 1/4 cup if not using white wine) [D1,D4]

1 (28-oz.) can diced tomatoes [D5]

1 (14.5-oz.) can fire-roasted tomatoes [D3]

1 (15-oz.) can black beans [D2]

1 (15-oz.) can white kidney beans [D3]

1 (15-oz.) can whole kernel corn [D5]

Apple cider (1 1/2 cups) [D1]

### SPICES

Sea salt [D1,D3,D4]

Black peppercorns [D1,D4]

Thyme [D1,D4]

Crushed red pepper flakes [D1]

Chili powder [D3]

Paprika [D4]

### PRODUCE

Onions (1 medium plus 2 cups sliced plus 3 cups chopped) [D1,D2,D3,D4,D5]

Garlic (1 teaspoon minced) \*\*Additional [D4]

New potatoes (1 pound) [D4]

Carrots (1 cup chopped) [D3]

Baby carrots (2 cups plus 12 ounces) [D1,D4]

Red bell peppers (1 large) [D5]

\*\*Red potatoes [D1]

\*\*Broccoli [D1]

\*\*Brussels sprouts (large) [D4]

\*\*Green onions [D5]

\*\*Cilantro [D5]

\*\*Spinach [D3]

\*\*Lettuce (not Iceberg, no nutrition) [D2,D5]

\*\*Salad veggies (your choice) [D2,D5]

### DAIRY/DAIRY CASE

\*\*Butter, unsalted [D3,D5]

### FREEZER

Whole kernel corn (2 cups) [D2]

### DRY GOODS

Whole wheat flour [D1]

2 (1.25-oz.) envelopes taco seasoning mix [D5]

### BAKERY

\*\*Whole wheat flour tortillas [D2]

\*\*Crusty bread [D3]

\*\*Corn muffins [D5]

### GLUTEN FREE

Cider vinegar [D3]

Dijon mustard [D3]

Salsa [D2]

Soy sauce [D3]

Molasses [D3]

White wine [D4]

Chicken broth [D1,D4]

Canned tomatoes [D3,D5]

Canned black beans [D2]

Canned white kidney beans [D3]

Canned corn [D5]

Apple cider [D1]

Flour [D1]

Taco seasoning 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



## Cider Chicken Stew

Day 1 – Serves 6

### INGREDIENTS:

12 ounces baby carrots  
2 cups sliced onions  
Olive oil  
6 (6-oz.) skinless chicken thighs  
Freshly ground black pepper, to taste

1 teaspoon thyme, crushed  
1 1/2 cups apple cider  
21.75 ounces low sodium chicken broth  
1 1/2 tablespoons whole wheat flour  
1/3 cup cold water



### INSTRUCTIONS:

Place baby carrots in a slow cooker, cover with sliced onions. Heat a little olive oil a large skillet over medium-high heat; add chicken and cook until browned. Layer chicken over carrots and onions in slow cooker; pepper to taste and sprinkle with thyme. Add cider and broth. Cover and cook on LOW for 8 hours. When carrots are tender and chicken is cooked through, drain slow cooker liquid into a saucepan and simmer over medium heat till somewhat reduced. In a cup, combine flour and cold water to make a smooth paste (no lumps!); add to simmering juices, stirring constantly until thickened. Serve sauce over chicken.

**NUTRITION per serving:** 209 Calories; 4g Fat; 25g Protein; 17g Carbohydrate; 2g Dietary Fiber; 80mg Cholesterol; 320mg Sodium. **Exchanges:** 0 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 0 Fat. **Points:** 5

**SERVING SUGGESTION:** Steamed red potatoes and steamed broccoli.

**GLUTEN FREE:** Make sure apple cider and broth are gluten free. Use gluten free flour.

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## Mexican Round Steak

Day 2 – Serves 6

### INGREDIENTS:

1 1/2 pounds boneless beef round steak  
2 cups frozen whole kernel corn, thawed and drained  
18 ounces chunky salsa  
1 (15-oz.) can black beans, rinsed and drained

1 cup chopped onion  
1/2 cup water  
1/2 teaspoon sea salt  
1/8 teaspoon crushed red pepper flakes



### INSTRUCTIONS:

Cut beef into 6 serving-size pieces and trim excess fat; place in a slow cooker. In a medium bowl, combine remaining ingredients; pour over beef. Cover and cook on LOW for 8 to 9 hours or until beef is fork-tender.

**NUTRITION per serving:** 285 Calories; 5g Fat; 32g Protein; 28g Carbohydrate; 7g Dietary Fiber; 66mg Cholesterol; 812mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 4 Lean Meat; 1 Vegetable. **Points:** 7

**SERVING SUGGESTION:** Serve beef/bean mixture in warmed whole wheat flour tortillas; add a big salad on the side.

**GLUTEN FREE:** Make sure salsa and beans are gluten free.

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## Baked Bean Soup

Day 3 – Serves 6

### INGREDIENTS:

1 (15-oz.) can white kidney beans  
1 cup chopped onion  
1 cup chopped carrots  
1 tablespoon Dijon mustard  
2 tablespoons molasses  
1 tablespoon low sodium soy sauce

2 teaspoons apple cider vinegar  
1 tablespoon chili powder  
1 (14.5-oz.) can fire-roasted tomatoes, undrained  
2 cups water  
Sea salt, to taste



### INSTRUCTIONS:

In a slow cooker, combine all ingredients. Cover and cook on LOW for 7 to 8 hours or on HIGH for 4 to 5 hours. Before serving, pulse mixture a little with an immersion blender to puree some of the beans (this will thicken the broth and provide a richer flavor). If you don't have an immersion blender, scoop out about 1 cup of liquid and some beans and pulse CAREFULLY in a traditional blender, then stir back into the slow cooker.

**NUTRITION per serving:** 145 Calories; 1g Fat; 7g Protein; 29g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 434mg Sodium. **Exchanges:** 1 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates. **Points:** 4

**SERVING SUGGESTION:** Serve a big spinach salad on the side; add some crusty bread and butter.

**GLUTEN FREE:** Make sure beans, mustard, molasses, soy sauce, vinegar and tomatoes are gluten free.

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## Savory Slow Cooker Chicken and Vegetables

Day 4 – Serves 6

### INGREDIENTS:

Olive oil  
1 medium onion, halved lengthwise and sliced  
1 pound new potatoes, cut into 1/4-inch slices  
2 cups baby carrots  
1 1/4 teaspoons sea salt, divided  
1/2 teaspoon freshly ground black pepper, divided

1/4 cup low sodium chicken broth  
1/4 cup white wine (or additional broth)  
1 teaspoon minced garlic  
1/2 teaspoon dried thyme  
1 teaspoon paprika  
1 1/2 pounds skinless chicken thighs



### INSTRUCTIONS:

Place onion in a lightly oiled slow cooker; top with potatoes and carrots. In a small bowl or cup, combine 3/4 teaspoon of salt, 1/4 teaspoon of pepper, the broth and the next 3 ingredients (wine OR broth, garlic and thyme); pour over vegetables. In a cup, combine paprika, remaining salt and remaining pepper; rub evenly over chicken thighs and arrange them on top of the vegetables in the slow cooker. Cover and cook on LOW for 8 hours or until chicken and vegetables are tender.

**NUTRITION per serving:** 282 Calories; 5g Fat; 24g Protein; 34g Carbohydrate; 5g Dietary Fiber; 81mg Cholesterol; 754mg Sodium. **Exchanges:** 1 Grain(Starch); 3 Lean Meat; 2 1/2 Vegetable; 0 Fat. **Points:** 7

**SERVING SUGGESTION:** Serve roasted Brussels sprouts on the side (halve large Brussels sprouts lengthwise; toss in a large bowl with olive oil, garlic slivers and salt and pepper to taste; spread on a baking sheet, cut sides down, and roast in a preheated 400-degree oven till tender, about 20 minutes).

**GLUTEN FREE:** Make sure broth and wine (if using) are gluten free.

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## Slow Cooker Santa Fe Beef

Day 5 – Serves 6

### INGREDIENTS:

1 1/2 pounds boneless beef round steak, cut into 1-inch cubes	2 (1.25-oz.) envelopes taco seasoning mix
1 cup chopped onion	1 (15-oz.) can whole kernel corn, drained
1 (28-oz.) can diced tomatoes, undrained	1 large red bell pepper, de-seeded, de-ribbed and sliced



### INSTRUCTIONS:

Place beef cubes in a slow cooker; top with onion, tomatoes and taco seasoning. Cover and cook on LOW for 8 to 10 hours. Stir in corn and sliced bell pepper. Cover and cook for 30 minutes.

**NUTRITION per serving:** 272 Calories; 4g Fat; 30g Protein; 28g Carbohydrate; 5g Dietary Fiber; 66mg Cholesterol; 1445mg Sodium. **Exchanges:** 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1/2 Other Carbohydrates. **Points:** 6

**SERVING SUGGESTION:** Serve in bowls garnished with chopped green onions and cilantro. Add a big salad and some warm corn muffins with butter.

**GLUTEN FREE:** Make sure tomatoes, taco seasoning mix and corn are gluten free.

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# Crock Cooker E book Shopping List

Fall Volume 3 Week 6

**Day 1: Slow Cooker Garlic Brown Sugar Chicken**, add brown rice and stir-fried zucchini, yellow squash and snow peas

**Day 2: Slow Cooker Macaroni Chili**, with a big salad

**Day 3: Hearty Turkey and Veggie Soup**, add a relish tray and crusty bread

**Day 4: Fruited Pork Roast**, with baked sweet potatoes and steamed broccoli

**Day 5: Slow Cooker Honey Chicken**, add wild rice pilaf and steamed asparagus

## SHOPPING LIST:

### MEAT/POULTRY/SEAFOOD

- 1 1/2 pounds 95% lean ground beef [D2]
- 1 (2-lb.) boneless pork loin roast [D4]
- 6 (6-oz.) boneless skinless chicken breast halves [D5]
- 3 (4-oz.) boneless skinless chicken breast halves [D1]
- 3 (4-oz.) boneless skinless chicken thighs [D1]
- 1 1/2 pounds extra-lean ground turkey [D3]

### CONDIMENTS

- Cider vinegar [D1]
- Worcestershire sauce [D3]
- Low sodium soy sauce [D1]
- Honey [D5]
- \*\*Salad dressing (your choice) [D2]
- \*\*Whole black olives [D3]

### CANNED GOODS

- Low sodium chicken broth (1 cup) [D5]
- Diced tomatoes (21.75 ounces) [D2]
- Tomato juice (3 3/4 cups) [D3]
- French-cut green beans (21.75 ounces) [D3]
- Apple juice (1/2 cup) [D4]

### DAIRY/DAIRY CASE

- Parmesan cheese (1/3 cup grated) (optional) [D2]
- \*\*Butter, unsalted [D3]

### DRY GOODS

- Sugar [D3]
- Brown sugar (1 cup) [D1]
- Dried apricots (1 1/2 cups chopped) [D5]
- 1 (8-oz.) package dried mixed fruit pieces OR raisins [D4]
- Whole wheat elbow Macaroni (3 cups cooked) [D2]
- \*\*Brown rice [D1]
- \*\*Wild rice pilaf [D5]

### BAKERY

- \*\*Crusty bread [D3]

### PRODUCE

- Onions (1 medium plus 1 1/2 cups chopped) [D2,D4]
- Garlic (2 cloves plus 3 tablespoons minced) [D1,D2]
- Celery (1 1/2 cups chopped) \*\*Additional [D3]
- Carrots (3/4 cup sliced) \*\*Additional [D3]
- Tomatoes (3/4 cup chopped) [D3]
- Mushrooms (1 1/2 cups sliced) [D3]
- Oranges (1/3 cup juice) [D5]
- \*\*Sweet potatoes [D4]
- \*\*Broccoli [D4]
- \*\*Zucchini, yellow squash and snow peas [D1]
- \*\*Asparagus [D5]
- \*\*Cherry tomatoes [D3]
- \*\*Lettuce (not Iceberg, no nutrition) [D2]
- \*\*Salad veggies (your choice) [D2]

### SPICES

- Sea salt [D2,D5]
- Black peppercorns [D3,D5]
- Cayenne pepper [D1]
- Chili powder [D2]
- Ground cumin [D2]
- Oregano [D2,D3]
- Crushed red pepper flakes [D2]
- Basil [D3]
- Garlic powder [D3]
- Bay leaves [D3]
- Dried minced onion [D3]
- Ground nutmeg [D4]
- Ground cinnamon [D4]
- Dry mustard [D5]

### OTHER

- Lemon-lime soda (1/4 cup) [D1]

### GLUTEN FREE

- Cider vinegar [D1]
- Worcestershire sauce [D3]
- Soy sauce [D1]
- Chicken broth [D5]
- Canned tomatoes [D2]
- Tomato juice [D3]
- Canned green beans [D3]
- Apple juice [D4]
- Pasta [D2]
- Lemon-lime soda [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

## Slow Cooker Garlic Brown Sugar Chicken

Day 1 – Serves 6

### INGREDIENTS:

3 (4-oz.) boneless skinless chicken breast halves  
3 (4-oz.) boneless skinless chicken thighs  
1 cup packed brown sugar  
2/3 cup cider vinegar

1/4 cup lemon-lime soda  
3 tablespoons minced garlic  
2 tablespoons low sodium soy sauce  
1/8 teaspoon cayenne pepper



### INSTRUCTIONS:

Place chicken in a slow cooker. In a medium bowl, combine remaining ingredients; pour over chicken. Cover and cook on LOW for 6 to 8 hours.

**NUTRITION per serving:** 273 Calories; 3g Fat; 24g Protein; 40g Carbohydrate; trace Dietary Fiber; 89mg Cholesterol; 380mg Sodium. **Exchanges:** 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fat; 2 1/2 Other Carbohydrates. **Points:** 7

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

**GLUTEN FREE:** Make sure vinegar, lemon-lime soda and soy sauce are gluten free.

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**DO-AHEAD TIP:** Cook macaroni.

## Slow Cooker Macaroni Chili

Day 2 – Serves 6

### INGREDIENTS:

1 1/2 pounds 95% lean ground beef  
21.75 ounces canned diced tomatoes  
1 1/2 cups chopped onion  
1 1/2 tablespoons chili powder  
2 cloves garlic, pressed  
1 teaspoon sea salt

1 teaspoon ground cumin  
1 teaspoon dried oregano  
1 teaspoon crushed red pepper flakes (more or less, to taste)  
3 cups cooked whole wheat elbow Macaroni  
1/3 cup grated Parmesan cheese (optional)



### INSTRUCTIONS:

In a large skillet, brown ground beef over medium heat; drain fat and add beef to a slow cooker; top with remaining ingredients, except macaroni and Parmesan. Cover and cook on LOW for 4 hours. Stir in macaroni. Cover and cook for 1 additional hour. Serve in bowls, passing the grated Parmesan to garnish, if desired.

**NUTRITION per serving:** 313 Calories; 8g Fat; 32g Protein; 29g Carbohydrate; 5g Dietary Fiber; 74mg Cholesterol; 846mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fat. **Points:** 8

**SERVING SUGGESTION:** A big salad.

**GLUTEN FREE:** Make sure tomatoes are gluten free and use gluten free pasta.

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## Hearty Turkey and Veggie Soup

Day 3 – Serves 6

### INGREDIENTS:

1 1/2 pounds extra-lean ground turkey	1 1/2 tablespoons dried minced onion
1 1/2 cups chopped celery	2 teaspoons Worcestershire sauce
3/4 cup thinly sliced carrots	1 1/2 teaspoons dried basil
3 3/4 cups tomato juice	1 1/2 teaspoons dried oregano
21.75 ounces canned French-cut green beans, drained	1 teaspoon garlic powder
1 1/2 cups sliced fresh mushrooms	1 teaspoon sugar
3/4 cup chopped tomato	1/4 teaspoon freshly ground black pepper
	2 bay leaves



### INSTRUCTIONS:

In a large skillet over medium-high heat, cook ground turkey, celery and carrot until turkey is cooked through; drain. Transfer to a slow cooker and stir in remaining ingredients, cover and cook on LOW for 6 hours. Remove and discard bay leaves before serving.

**NUTRITION per serving:** 200 Calories; 2g Fat; 30g Protein; 18g Carbohydrate; 6g Dietary Fiber; 56mg Cholesterol; 942mg Sodium. **Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 3 Vegetable; 0 Fat; 0 Other Carbohydrates. **Points:** 5

**SERVING SUGGESTION:** A relish tray of carrot and celery sticks, cherry tomatoes and whole black olives. Add some crusty bread and butter.

**GLUTEN FREE:** Make sure tomato juice, green beans and Worcestershire sauce are gluten free.

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## Fruited Pork Roast

Day 4 – Serves 6

### INGREDIENTS:

1 medium onion, sliced	1/2 cup apple juice
1 (2-lb.) boneless pork loin roast, trimmed	1/2 teaspoon ground nutmeg
1 (8-oz.) package dried mixed fruit pieces OR raisins	1/4 teaspoon ground cinnamon



### INSTRUCTIONS:

Place sliced onion in a slow cooker. Place pork on top of onion and top with fruit. In a small bowl, combine remaining ingredients; pour over fruit. Cover and cook on LOW for 7 to 9 hours or until pork is fork-tender. Serve fruit mixture over pork.

**NUTRITION per serving:** 281 Calories; 7g Fat; 28g Protein; 28g Carbohydrate; 3g Dietary Fiber; 67mg Cholesterol; 62mg Sodium. **Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 2 Fruit; 0 Fat. **Points:** 7

**SERVING SUGGESTION:** Baked sweet potatoes and steamed broccoli.

**GLUTEN FREE:** Make sure apple juice is gluten free.

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## Slow Cooker Honey Chicken

Day 5 – Serves 6

### INGREDIENTS:

6 (6-oz.) boneless skinless chicken breast halves  
1 1/2 cups chopped dried apricots  
1 cup honey  
1 cup low sodium chicken broth

1/3 cup orange juice  
1 1/2 teaspoons dry mustard  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper



### INSTRUCTIONS:

Place chicken and dried apricots in a slow cooker. In a small bowl, whisk together remaining ingredients and pour on top of chicken and apricots. Cover and cook on LOW for 4 to 6 hours.

**NUTRITION per serving:** 453 Calories; 2g Fat; 43g Protein; 69g Carbohydrate; 3g Dietary Fiber; 99mg Cholesterol; 359mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 1 1/2 Fruit; 0 Fat; 3 Other Carbohydrates. **Points:** 12

**SERVING SUGGESTION:** Wild rice pilaf and steamed asparagus.

**GLUTEN FREE:** Make sure chicken broth is gluten free.

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# Crock Cooker E book Shopping List

Fall Volume 3 Week 7

**Day 1: Chicken and Sweet Potato Stew,** with broccoli slaw and whole grain rolls

**Day 2: Crock Cooker Pasta E Fagioli Soup,** add a big spinach salad

**Day 3: Hoisin Turkey Tenderloin,** with brown rice and stir-fried zucchini, yellow squash and snow peas

**Day 4: Hearty Crock Cabbage Rolls,** top with sour cream and add a big salad and dark rye bread

**Day 5: Crock Cooker El Paso Stuffed Chicken,** with corn in the cob and a big salad

## SHOPPING LIST:

### MEAT/POULTRY/SEAFOOD

1 pound 95% lean ground beef [D2]

6 (6-oz.) boneless skinless chicken breast halves [D5]

6 (6-oz.) skinless chicken thighs [D1]

1 1/2 pounds turkey breast tenderloin [D3]

### CONDIMENTS

Olive oil [D4]

White wine vinegar [D1]

Hot sauce (optional) [D2]

Hoisin sauce (in Asian section of grocery store) [D3]

Dry white wine (1 cup) (or use apple juice) [D1]

\*\*Rice vinegar [D1]

\*\*Low fat mayonnaise [D1]

\*\*Salad dressing(s) (your choice) [D2,D4,D5]

### CANNED GOODS

1 (14.5-oz.) can low sodium beef broth [D2]

1 (28-oz.) can diced tomatoes [D2]

1 (14.5-oz.) can diced tomatoes [D4]

V-8 vegetable juice (12 ounces) [D4]

Pasta sauce (10 ounces) [D2]

Red kidney beans (8 ounces) [D2]

White beans (8 ounces) [D2]

Apple juice (1 cup) (if not using dry white wine) [D1]

### SPICES

Sea salt [D5]

Black peppercorns [D1,D2,D3,D4]

Rosemary [D1]

Oregano [D2]

Thyme [D4]

Chili powder [D5]

Ground cumin [D5]

### DRY GOODS

Pasta, your choice (4 ounces uncooked) [D2]

Brown rice (1 cup cooked) \*\*Additional [D3,D4]

### BAKERY

\*\*Whole grain rolls [D1]

\*\*Dark rye bread [D4]

### PRODUCE

Onions (2 medium plus 2 small plus 1/2 cup chopped) [D1,D2,D3,D4]

Garlic (6 cloves) [D1,D3]

Sweet potatoes (2 pounds) [D1]

Celery (1 cup chopped) [D2]

Carrots (1 1/2 cups chopped) [D2]

Cabbage (1 large head) [D4]

Green bell peppers (6 tablespoons chopped) [D5]

Red bell peppers (1 large plus 6 tablespoons chopped) [D3,D5]

Tomatoes (6 tablespoons diced) [D5]

Mushrooms (1 1/2 pounds) [D1,D4]

Parsley (2 1/2 teaspoons chopped) [D2]

Cilantro (6 tablespoons chopped) [D5]

Oranges (1/3 cup juice) [D3]

\*\*Broccoli slaw [D1]

\*\*Corn on the cob (or buy frozen) [D5]

\*\*Zucchini, yellow squash and snow peas [D3]

\*\*Spinach [D2]

\*\*Lettuce (not Iceberg, no nutrition) [D4,D5]

\*\*Salad veggies (your choice) [D4,D5]

### DAIRY/DAIRY CASE

Eggs (1) [D4]

Low fat Cheddar cheese (3/4 cup shredded) [D5]

\*\*Butter, unsalted [D1,D4,D5]

\*\*Low fat sour cream [D4]

### FREEZER

\*\*Corn on the cob (if not using fresh) [D5]

### OTHER

Paper towels [D2,D4]

Wooden toothpicks [D4,D5]

### GLUTEN FREE

White wine vinegar [D1]

Hot sauce [D2]

Hoisin sauce [D3]

Dry white wine (or apple juice) [D1]

Beef broth [D2]

Canned tomatoes [D2,D4]

Vegetable juice [D4]

Pasta sauce [D2]

Canned kidney beans [D2]

Canned white beans [D2]

Pasta [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

## Chicken and Sweet Potato Stew

Day 1 – Serves 6

### INGREDIENTS:

6 (6-oz.) skinless chicken thighs, trimmed of fat  
2 pounds sweet potatoes, peeled and cut into spears  
1/2 pound mushrooms, sliced  
2 small onions, peeled and quartered

4 cloves garlic, peeled  
1 cup dry white wine (or use apple juice)  
1/2 teaspoon dried rosemary, crushed  
1/2 teaspoon freshly ground black pepper  
1 1/2 tablespoons white wine vinegar



### INSTRUCTIONS:

Place all ingredients, except vinegar, in a slow cooker; stir to combine. Cover and cook on LOW for 5 hours or until potatoes are tender. Before serving, remove bones from the chicken, if desired, and stir in vinegar.

**NUTRITION per serving:** 280 Calories; 4g Fat; 22g Protein; 32g Carbohydrate; 4g Dietary Fiber; 80mg Cholesterol; 102mg Sodium. **Exchanges:** 2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fat; 0 Other Carbohydrates. **Points:** 6

**SERVING SUGGESTION:** A big bowl of broccoli slaw tossed with low fat mayo and a little rice vinegar. Add some whole grain rolls and butter.

**GLUTEN FREE:** Make sure wine (or juice) and vinegar are gluten free.

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## Crock Cooker Pasta E Fagioli Soup

Day 2 – Serves 6

### INGREDIENTS:

1 pound 95% lean ground beef  
1/2 cup chopped onion  
1 1/2 cups chopped carrots  
1 cup chopped celery  
1 (28-oz.) can diced tomatoes,  
8 ounces red kidney beans, drained and rinsed  
8 ounces white beans, drained and rinsed

1 (14.5-oz.) can low sodium beef broth  
1 1/2 teaspoons dried oregano  
1 teaspoon freshly ground black pepper  
2 1/2 teaspoons chopped parsley  
1/2 teaspoon hot sauce (optional)  
10 ounces jarred pasta sauce  
4 ounces uncooked pasta, your choice



### INSTRUCTIONS:

In a non-stick skillet over medium-high heat, brown beef until cooked through; blot excess grease with paper towels. Transfer to a slow cooker and add remaining ingredients, except pasta. Cover and cook on LOW for 7 to 8 hours or on HIGH for 4 to 5 hours. Add pasta during the last hour if using low heat setting, or during the last 30 minutes if using high setting.

**NUTRITION per serving:** 373 Calories; 7g Fat; 30g Protein; 49g Carbohydrate; 10g Dietary Fiber; 47mg Cholesterol; 911mg Sodium. **Exchanges:** 2 Grain(Starch); 1/2 Lean Meat; 2 1/2 Vegetable; 1/2 Fat. **Points:** 9

**SERVING SUGGESTION:** A big spinach salad.

**GLUTEN FREE:** Make sure canned tomatoes, beans, broth, hot sauce and pasta sauce are gluten free. Use gluten free pasta.

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## Hoisin Turkey Tenderloin

Day 3 – Serves 6

### INGREDIENTS:

1 large red bell pepper, seeded, deribbed and cut into thin bite-size strips	2 cloves garlic, pressed
1 medium onion, cut into thin wedges	1/4 teaspoon freshly ground black pepper
1 1/2 pounds turkey breast tenderloin, halved crosswise	1/3 cup orange juice
	1/3 cup hoisin sauce



### INSTRUCTIONS:

Place bell pepper and onion in a slow cooker; place turkey on top and sprinkle with garlic and black pepper. In a cup, combine orange juice and hoisin sauce; pour over all. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours.

**NUTRITION per serving:** 182 Calories; 1g Fat; 29g Protein; 12g Carbohydrate; 1g Dietary Fiber; 71mg Cholesterol; 287mg Sodium. **Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates. **Points:** 4

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

**GLUTEN FREE:** Make sure hoisin sauce is gluten free.

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**DO-AHEAD TIP:** Cook brown rice and prep cabbage (see recipe).

## Hearty Crock Cabbage Rolls

Day 4 – Serves 6

### INGREDIENTS:

1 large head of cabbage	1 medium onion, finely chopped
1 pound mushrooms, sliced	Freshly ground black pepper, to taste
1 tablespoon olive oil	1 (14.5-oz.) can diced tomatoes
1 cup brown rice, cooked	12 ounces V-8 vegetable juice
1 egg	1/2 teaspoon dried thyme
	Wooden toothpicks



### INSTRUCTIONS:

If you haven't already prepared the cabbage, remove the outer leaves from the head carefully, trying to keep them whole. Steam them in boiling water just till wilted then drain them on paper towels to cool; set aside. In a large skillet, sauté mushrooms in the olive oil till reduced, but don't overcook. In a large bowl, combine mushrooms, rice, egg, onion and pepper; blend well. Place about 1/4 cup of mushroom/rice mixture in the center of each cabbage leaf; fold sides in and roll the ends over the filling; secure each with a toothpick. Chop any leftover cabbage and place it on the bottom of a slow cooker; stack rolls evenly on top. In a medium bowl, combine tomatoes, vegetable juice, thyme and black pepper to taste; pour over cabbage rolls. Cover and cook on LOW for 7 to 9 hours.

**NUTRITION per serving:** 252 Calories; 5g Fat; 10g Protein; 46g Carbohydrate; 8g Dietary Fiber; 35mg Cholesterol; 492mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 0 Lean Meat; 3 1/2 Vegetable; 1/2 Fat. **Points:** 7

**SERVING SUGGESTION:** Garnish each serving with a dollop of low fat sour cream. Add a big salad and some dark rye bread and butter.

**GLUTEN FREE:** Make sure vegetable juice and tomatoes are gluten free.

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# Crock Cooker El Paso Stuffed Chicken

Day 5 – Serves 6

## INGREDIENTS:

3/4 cup shredded low fat Cheddar cheese  
6 tablespoons chopped green bell pepper  
6 tablespoons chopped red bell pepper  
6 tablespoons finely chopped cilantro  
6 tablespoons diced fresh tomato

3/4 teaspoon chili powder  
3/4 teaspoon ground cumin  
1/8 teaspoon sea salt  
6 (6-oz.) boneless skinless chicken breast  
halves, pounded to 1/4-inch thickness  
Wooden toothpicks



## INSTRUCTIONS:

In a medium bowl, combine cheese, chopped bell peppers, cilantro and tomatoes; season with chili powder, cumin and salt; blend well. Cover one side of each flattened chicken breast half with enough cheese mixture to coat; roll up and secure with a toothpick. Place chicken rolls in a slow cooker and pour remaining cheese mixture on top. Cover and cook on HIGH for 3 hours.

**NUTRITION per serving:** 221 Calories; 3g Fat; 43g Protein; 2g Carbohydrate; 1g Dietary Fiber; 102mg Cholesterol; 242mg Sodium. **Exchanges:** 0 Grain(Starch); 6 Lean Meat; 1/2 Vegetable; 0 Fat. **Points:** 5

**SERVING SUGGESTION:** Corn on the cob and a big salad.

**GLUTEN FREE:** No changes necessary.

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# Crock Cooker E book Shopping List

Fall Volume 3 Week 8

**Day 1: Greek Crock Cooker Stew**, with whole wheat couscous and a big spinach salad

**Day 2: Crock Cooker Mongolian Beef**, serve over brown rice and add stir-fried mushrooms and snow peas

**Day 3: Slow Cooker Lemon Turkey**, with steamed new potatoes and steamed asparagus

**Day 4: Shrimp and Ham Jambalaya**, add steamed green beans

**Day 5: Slow Cooker Chicken-Veggie Alfredo**, with steamed broccoli spears and garlic toast

## SHOPPING LIST:

### MEAT/POULTRY/SEAFOOD

1 1/2 pounds beef flank steak [D2]

Cooked ham (1 cup cubed) [D4]

1 1/2 pounds boneless skinless chicken breast meat [D5]

5 boneless skinless chicken thighs [D1]

1 (2 1/2- to 3-lb.) boneless skinless turkey breast [D3]

### CONDIMENTS

Olive oil [D1,D2]

Low sodium soy sauce [D2]

Hoisin sauce (in Asian section of grocery store) [D2]

Honey [D1]

Dry red wine (1/2 cup) (or use apple juice) [D1]

White wine (1 cup) (or use low sodium chicken broth) [D4]

\*\*Salad dressing(s) (your choice) [D1]

### CANNED GOODS

Low sodium chicken broth (1 1/4 cups plus 1 cup if not using white wine) [D3,D4,D5]

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

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

Alfredo sauce (2 cups) [D5]

Apple juice (1/2 cup) (if not using dry red wine) [D1]

### SPICES

Sea salt [D3]

Black peppercorns [D3]

Ground cumin [D1]

Ground cinnamon [D1]

Dried parsley flakes [D3]

Tarragon [D3]

Thyme [D3]

Sage [D3]

Cajun seasoning [D4]

Garlic powder [D5]

### DRY GOODS

Flour [D1,D5]

Cornstarch [D2]

Brown sugar [D2]

Brown rice (2 cups uncooked) \*\*Additional [D2,D4]

\*\*Whole wheat couscous [D1]

### PRODUCE

Onions (1 large plus 4 medium plus 1 cup chopped) [D1,D2,D4,D5]

Garlic (11 cloves plus 1 1/2 tablespoons minced) [D2,D3,D4]

Green onions (5 large) [D2]

Celery (3 medium stalks plus 1/2 cup diced) [D4,D5]

Carrots (1/3 cup diced) [D5]

Baby carrots (8 ounces) [D1]

Russet potatoes (4 medium) [D5]

Green bell peppers (1 large) [D4]

Mushrooms (8 ounces) \*\*Additional [D2,D5]

Gingerroot (3/4 teaspoon minced) [D2]

Lemons (3/4 cup plus 2 tablespoons juice) [D1,D3]

\*\*New potatoes [D3]

\*\*Asparagus [D3]

\*\*Broccoli [D5]

\*\*Snow peas [D2]

\*\*Spinach [D1]

\*\*Green beans [D4]

### DELI

1 pound cooked shrimp, peeled and deveined [D4]

### DAIRY/DAIRY CASE

Feta cheese (1/3 cup crumbled) [D1]

\*\*Butter, unsalted [D5]

### FREEZER

1 (9-oz.) package artichoke hearts [D4]

### BAKERY

\*\*Bread for garlic toast [D5]

### OTHER

Paper towels [D1]

Large zipper-topped plastic bags [D2]

### GLUTEN FREE

Ham [D4]

Soy sauce [D2]

Hoisin sauce [D2]

Dry red wine (or apple juice) [D1]

White wine (if using) [D4]

Chicken broth [D3,D4,D5]

Canned tomatoes [D4]

Tomato paste [D1]

Alfredo sauce [D5]

Cajun seasoning [D4]

Flour [D1,D5]

Arrowroot starch [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

## Greek Crock Cooker Stew

Day 1 – Serves 6

### INGREDIENTS:

5 boneless skinless chicken thighs, cut into 1-inch pieces  
2 tablespoons flour  
1 tablespoon olive oil  
8 ounces baby carrots  
2 medium onions, cut into 6 thin wedges  
1 (6-oz.) can tomato paste

1/2 cup dry red wine (or use apple juice)  
3 tablespoons water  
2 tablespoons lemon juice  
1 teaspoon ground cumin  
1/2 teaspoon ground cinnamon  
1 teaspoon honey  
1/3 cup crumbled Feta cheese



### INSTRUCTIONS:

Coat chicken evenly in flour. Heat oil in a skillet over medium heat; add chicken and cook until golden; blot with paper towels; place in a crock cooker then stir in carrots and onions. In a small bowl, whisk together tomato paste, wine (or juice), water, lemon juice, cumin and cinnamon; stir into meat mixture. Cover and cook on LOW for 6 to 7 hours or until chicken is tender. Stir in honey. Sprinkle each serving with a small amount of cheese.

**NUTRITION per serving:** 235 Calories; 9g Fat; 23g Protein; 16g Carbohydrate; 3g Dietary Fiber; 117mg Cholesterol; 595mg Sodium. **Exchanges:** 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

**Points:** 6

**SERVING SUGGESTIONS:** Whole wheat couscous and a big spinach salad.

**GLUTEN FREE:** Make sure tomato paste and wine (or juice) are gluten free. Use gluten free flour.

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## Crock Cooker Mongolian Beef

Day 2 – Serves 6

### INGREDIENTS:

1 1/2 pounds beef flank steak, cut into bite-size pieces  
6 tablespoons cornstarch  
1 tablespoon olive oil  
2 medium onions, thinly sliced  
1 1/2 tablespoons minced garlic  
5 large green onions, sliced diagonally into 1/2-inch pieces

3/4 cup low sodium soy sauce  
3/4 cup water  
3/4 cup brown sugar  
3/4 teaspoon minced fresh gingerroot  
3/4 cup hoisin sauce



### INSTRUCTIONS:

In a large zipper-topped plastic bag, place steak pieces and cornstarch; shake to evenly coat; set aside to rest for 10 minutes. Heat the oil in a large skillet over medium-high heat; add steak pieces; cook and stir until evenly browned, 2 to 4 minutes. Place sliced onion, garlic, flank steak, green onions, soy sauce, water, brown sugar, gingerroot and hoisin sauce in a slow cooker; cover and cook on LOW for about 4 hours.

**NUTRITION per serving:** 371 Calories; 9g Fat; 28g Protein; 47g Carbohydrate; 2g Dietary Fiber; 57mg Cholesterol; 1814mg Sodium. **Exchanges:** 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat; 2 Other Carbohydrates.

**Points:** 10

**SERVING SUGGESTION:** Serve over brown rice. Add stir-fried mushrooms and snow peas on the side.

**GLUTEN FREE:** Use arrowroot starch instead of cornstarch and make sure soy sauce and hoisin sauce are gluten free.

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## Slow Cooker Lemon Turkey

Day 3 – Serves 6

### INGREDIENTS:

1 (2 1/2- to 3-lb.) boneless skinless turkey breast  
3/4 cup lemon juice  
9 cloves garlic, pressed  
1/2 teaspoon dried parsley flakes  
1/2 teaspoon dried tarragon

1/2 teaspoon dried thyme  
1/2 teaspoon dried sage  
1/2 teaspoon sea salt  
1/4 teaspoon freshly ground black pepper  
3/4 cup low sodium chicken broth



### INSTRUCTIONS:

Place turkey breast in a slow cooker. In a small bowl, combine remaining ingredients; blend well and pour over turkey. Cover and cook on LOW for 8 to 10 hours.

**NUTRITION per serving:** 274 Calories; 2g Fat; 57g Protein; 5g Carbohydrate; trace Dietary Fiber; 141mg Cholesterol; 295mg Sodium. **Exchanges:** 0 Grain(Starch); 7 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat. **Points:** 6

**SERVING SUGGESTION:** Steamed new potatoes and steamed asparagus.

**GLUTEN FREE:** Make sure chicken broth is gluten free.

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## Shrimp and Ham Jambalaya

Day 4 – Serves 6

### INGREDIENTS:

2 cups uncooked brown rice  
1 (28-oz.) can diced tomatoes, un-drained  
1 cup white wine (or use low sodium chicken broth)  
3 medium stalks celery, chopped  
1 large onion, chopped  
1 large green bell pepper, de-seeded, de-ribbed and chopped

2 cloves garlic, pressed  
1 (9-oz.) package frozen artichoke hearts  
1 teaspoon Cajun seasoning (more or less, to taste)  
1 cup cooked ham, cubed  
1 pound cooked shrimp, peeled and de-veined



### INSTRUCTIONS:

In a slow cooker, place first 9 ingredients (rice through Cajun seasoning). Cover and cook on LOW for 3 to 4 hours or until rice is tender. About 30 minutes before you are ready to serve, add ham and shrimp. Raise heat setting to HIGH and continue to cook until all ingredients are heated through.

**NUTRITION per serving:** 448 Calories; 5g Fat; 28g Protein; 65g Carbohydrate; 7g Dietary Fiber; 160mg Cholesterol; 1005mg Sodium. **Exchanges:** 3 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates. **Points:** 10

**SERVING SUGGESTION:** Serve steamed green beans on the side.

**GLUTEN FREE:** Make sure tomatoes, wine (or broth), Cajun seasoning and ham are gluten free.

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## Slow Cooker Chicken-Veggie Alfredo

Day 5 – Serves 6

### INGREDIENTS:

1/3 cup diced carrot  
1/2 cup diced celery  
1 cup chopped onion  
4 medium russet potatoes, peeled and diced  
8 ounces fresh mushrooms, sliced

1/2 cup low sodium chicken broth  
1 1/2 pounds boneless skinless chicken  
breast meat, diced  
2 cups jarred Alfredo sauce  
1/2 teaspoon garlic powder  
1 tablespoon flour



### INSTRUCTIONS:

In a slow cooker, layer the first 5 ingredients in the order listed (carrot through mushrooms); pour broth on top; do not stir. Add diced chicken. In a medium bowl, combine remaining ingredients; blend well; spoon over chicken; do not stir. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours.

**NUTRITION per serving:** 358 Calories; 16g Fat; 34g Protein; 19g Carbohydrate; 2g Dietary Fiber; 112mg Cholesterol; 573mg Sodium. **Exchanges:** 1 Grain(Starch); 4 Lean Meat; 1 Vegetable; 2 1/2 Fat. **Points:** 9

**SERVING SUGGESTION:** Serve steamed broccoli spears on the side. Add some garlic toast.

**GLUTEN FREE:** Make sure chicken broth and Alfredo sauce are gluten free. Use gluten free flour.

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# Crock Cooker E book Shopping List

Fall Volume 3 Week 9

**Day 1: Chicken, Vegetable and Bean Soup,** add a baby spinach salad and whole grain rolls

**Day 2: Slow Cooker Beef and Mushrooms,** with garlic-mashed russet potatoes and steamed broccoli

**Day 3: Turkey Chili,** top with garnishes and add a big salad and warm corn muffins

**Day 4: Thai Pork Stew,** with stir-fried zucchini, yellow squash and snow peas

**Day 5: Crock Cooker Moroccan Chicken,** add whole wheat couscous and a mixed baby greens salad

## SHOPPING LIST:

### MEAT/POULTRY/SEAFOOD

1 1/2 pounds beef top sirloin steak [D2]

1 1/2 pounds lean pork tenderloin [D4]

1 pound boneless skinless chicken breast meat [D1]

1 1/4 pounds boneless skinless chicken thighs [D5]

2 pounds boneless skinless turkey breast meat [D3]

### CONDIMENTS

Olive oil [D3]

Rice OR white wine vinegar [D4]

Teriyaki sauce [D4]

Peanut butter, creamy (1/4 cup plus 2 tablespoons) [D4,D5]

\*\*Honey-mustard salad dressing [D1]

\*\*Red wine vinaigrette [D5]

\*\*Salad veggies (your choice) [D3]

### CANNED GOODS

Low sodium chicken broth (5 1/4 cups) [D1,D5]

Low sodium beef broth (12 ounces plus 9 ounces if not using amber ale beer) [D2]

Diced tomatoes (54.5 ounces) [D1,D3,D5]

Low sodium diced tomatoes (12 ounces) [D2]

Tomato paste (2 tablespoons) [D5]

2 (15-oz.) cans garbanzo beans [D5]

2 (15-oz.) cans white corn [D3]

### SPICES

Sea salt [D1,D3]

Black peppercorns [D1,D3]

Thyme [D1]

Marjoram [D1]

Italian seasoning [D2]

Tarragon [D2]

Paprika [D2]

Bay leaves [D2]

Oregano [D3]

Ground cumin [D3,D5]

Chili powder [D3]

Crushed red pepper flakes [D4]

### DAIRY/DAIRY CASE

Butter, unsalted [D1,D2,D3]

\*\*Cheddar cheese [D3]

\*\*Blue cheese [D1]

\*\*Feta cheese [D5]

### PRODUCE

Onions (2 large) [D1,D3]

Yellow onions (1 1/2 cups sliced) [D2]

Red onions (1 small) [D5]

Garlic (13 cloves) \*\*Additional [D1,D2,D3,D4,D5]

Green onions (chopped, for garnish) \*\*Additional [D3,D4]

Carrots (2 medium) [D1]

Fennel (1 small bulb plus 1 1/2 cups chopped) [D1,D2]

Green bell peppers (1 large) [D3]

Red bell peppers (2 medium plus 1 small) [D4,D5]

Jalapeno peppers (1) [D3]

Mushrooms (18 ounces) [D2]

Parsley (2 tablespoons chopped) [D1]

Limes (wedges, for garnish) [D4]

\*\*Russet potatoes [D2]

\*\*Broccoli [D2]

\*\*Zucchini, yellow squash and snow peas [D4]

\*\*Baby spinach [D1]

\*\*Mixed baby greens [D5]

\*\*Lettuce (not Iceberg, no nutrition) [D3]

\*\*Salad veggies (your choice) [D3]

\*\*Red onion [D1,D5]

\*\*Grape tomatoes [D5]

\*\*Cilantro [D3]

\*\*Green apple [D1]

### DRY GOODS

Brown sugar [D2]

Cornmeal [D3]

Golden raisins (1/2 cup) [D5]

Brown rice (4 cups cooked) [D4]

Great Northern beans (1 cup) [D1]

Dry roasted peanuts (chopped, for garnish) [D4]

\*\*Walnuts [D1]

\*\*Whole wheat couscous [D5]

### BAKERY

\*\*Whole grain rolls [D1]

\*\*Corn muffins [D3]

### OTHER

Amber ale beer (9 ounces) (or use low sodium beef broth) [D2]

### GLUTEN FREE

Rice OR white wine vinegar [D4]

Teriyaki sauce [D4]

Chicken broth [D1,D5]

Beef broth [D2]

Canned tomatoes [D1,D2,D3,D5]

Tomato paste [D5]

Canned garbanzo beans [D5]

Canned corn [D3]

Italian seasoning [D2]

Amber ale beer [D2]

Cornmeal [D3]

**[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:** Sort, rinse and soak beans overnight.

## Chicken, Vegetable and Bean Soup

Day 1 – Serves 6

### INGREDIENTS:

1 cup dried Great Northern beans, soaked overnight  
1 large onion, chopped  
1 small fennel bulb, trimmed and sliced in half-inch pieces, optional  
2 medium carrots, chopped  
2 cloves garlic, pressed  
2 tablespoons fresh parsley, chopped

1 teaspoon dried thyme  
1 teaspoon dried marjoram  
Sea salt and freshly ground black pepper, to taste  
1 pound boneless skinless chicken breast meat, chopped into 1-inch pieces\*  
5 cups low sodium chicken broth  
1 (14.5-oz.) can diced tomatoes, un-drained



### INSTRUCTIONS:

Drain and rinse soaked beans. In a slow cooker, place next 8 ingredients (onion through black pepper). Place beans and chicken on top of veggies; cover with chicken broth. Cover and cook on LOW for 8 to 10 hours or on HIGH for 4 to 5 hours. During the last 30 minutes of cooking time, turn slow cooker heat setting to HIGH and add diced tomatoes. Cover and cook for 30 minutes.

\*LEANNE'S NOTE: Partially frozen chicken is easier to cut.

**NUTRITION per serving:** 277 Calories; 2g Fat; 35g Protein; 32g Carbohydrate; 9g Dietary Fiber; 44mg Cholesterol; 557mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Fat. **Points:** 6

**SERVING SUGGESTION:** A big salad of baby spinach, thinly sliced red onion, green apple and walnuts tossed with crumbled blue cheese and a honey-mustard dressing. Add some whole grain rolls and butter.

**GLUTEN FREE:** Make sure broth and tomatoes are gluten free.

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## Slow Cooker Beef and Mushrooms

Day 2 – Serves 6

### INGREDIENTS:

1 tablespoon unsalted butter  
1 1/2 teaspoons Italian seasoning  
1 teaspoon dried tarragon  
1 1/2 cups sliced yellow onion  
1 1/2 cups chopped fresh fennel  
1 1/2 pounds beef top sirloin steak, thinly sliced  
18 ounces mushrooms, halved

12 ounces low sodium beef broth  
12 ounces low sodium diced tomatoes  
1 1/2 teaspoons paprika  
9 ounces amber ale beer (or use additional low sodium beef broth)  
1 tablespoon brown sugar  
3 cloves garlic, pressed  
2 bay leaves



### INSTRUCTIONS:

Place butter in a slow cooker set at HIGH; heat until butter melts then add Italian seasoning, tarragon, onion and chopped fennel. Cover and cook on HIGH for 15 to 20 minutes or until onion is browned and fennel is tender. Add remaining ingredients (beef through bay leaves). Cover and cook on LOW for 5 to 6 hours. Remove bay leaves and serve.

**NUTRITION per serving:** 271 Calories; 9g Fat; 31g Protein; 15g Carbohydrate; 3g Dietary Fiber; 72mg Cholesterol; 289mg Sodium. **Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates. **Points:** 7

**SERVING SUGGESTION:** Garlic-mashed russet potatoes and steamed broccoli.

**GLUTEN FREE:** Make sure Italian seasoning, broth, tomatoes and beer are gluten free.

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## Turkey Chili

Day 3 – Serves 6

### INGREDIENTS:

2 pounds boneless skinless turkey breast meat, roughly cubed  
1 tablespoon olive oil  
1 large onion, chopped  
1 large green bell pepper, de-seeded, de-ribbed and chopped  
3 cloves garlic, pressed  
1 jalapeno pepper, seeded, de-ribbed and finely chopped

1 (28-oz.) can diced tomatoes  
2 tablespoons chili powder, more or less depending on your heat preference  
1 teaspoon dried oregano  
1 teaspoon ground cumin  
2 (15-oz.) cans white corn, drained  
3 tablespoons cornmeal  
Sea salt and freshly ground black pepper, to taste



### INSTRUCTIONS:

Place turkey in a slow cooker. Heat the oil in a skillet over medium heat; add onion, bell pepper, garlic and jalapeno; sauté until tender-crisp; transfer to slow cooker. Add diced tomatoes, chili powder, oregano, cumin and corn. Cover and cook on LOW for about 6 hours. About 30 minutes before you are ready to serve, add cornmeal and stir. Cover and raise heat setting to HIGH; cook for 30 minutes; salt and pepper to taste before serving.

**NUTRITION per serving:** 381 Calories; 5g Fat; 44g Protein; 42g Carbohydrate; 7g Dietary Fiber; 94mg Cholesterol; 1041mg Sodium. **Exchanges:** 2 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 1/2 Fat. **Points:** 9

**SERVING SUGGESTION:** Serve in bowls topped with shredded Cheddar cheese and chopped green onion and cilantro. Add a salad and some warm corn muffins with butter.

**GLUTEN FREE:** Make sure canned tomatoes, corn, and cornmeal are gluten free.

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**DO-AHEAD TIP:** Cook brown rice.

## Thai Pork Stew

Day 4 – Serves 6

### INGREDIENTS:

1 1/2 pounds lean pork tenderloin  
2 medium red bell peppers, de-seeded, de-ribbed and cut into strips  
1/4 cup teriyaki sauce  
2 tablespoons rice OR white wine vinegar  
1 teaspoon crushed red pepper flakes

2 cloves garlic, pressed  
1/4 cup creamy peanut butter  
4 cups cooked brown rice

Garnishes:  
Chopped green onions, chopped dry-roasted peanuts, lime wedges



### INSTRUCTIONS:

In a slow cooker, place pork and next 5 ingredients (bell peppers through garlic). Cover and cook on LOW for 6 to 8 hours. Remove pork from slow cooker and coarsely chop. Add peanut butter to liquid in slow cooker; blend well. Stir in chopped pork and cooked rice. Top each serving with garnishes.

**NUTRITION per serving:** 368 Calories; 10g Fat; 31g Protein; 38g Carbohydrate; 4g Dietary Fiber; 74mg Cholesterol; 569mg Sodium. **Exchanges:** 2 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 1 Fat; 0 Other Carbohydrates. **Points:** 9

**SERVING SUGGESTION:** Stir-fried zucchini, yellow squash and snow peas.

**GLUTEN FREE:** Make sure teriyaki sauce and vinegar are gluten free.

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# Crock Cooker Moroccan Chicken

Day 5 – Serves 6

## INGREDIENTS:

2 (15-oz.) cans garbanzo beans, drained and rinsed	2 tablespoons tomato paste
12 ounces canned diced tomatoes	1/4 cup low sodium chicken broth
1 small red bell pepper, de-seeded, de-ribbed and cut into 1-inch squares	3 cloves garlic, minced
1 small red onion, chopped	1 1/2 teaspoons ground cumin
1/2 cup golden raisins	1 1/4 pounds boneless skinless chicken thighs, cut into 1-inch cubes
	2 tablespoons peanut butter



## INSTRUCTIONS:

In a slow cooker, place first 9 ingredients (garbanzo beans through cumin); blend well. Place chicken on top of bean mixture. Cover and cook on LOW for 6 to 7 hours or until chicken is fork-tender. Stir in peanut butter and serve.

**NUTRITION per serving:** 359 Calories; 8g Fat; 26g Protein; 51g Carbohydrate; 9g Dietary Fiber; 84mg Cholesterol; 901mg Sodium. **Exchanges:** 2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 Fat. **Points:** 9

**SERVING SUGGESTION:** Whole wheat couscous and a salad of mixed baby greens, thinly sliced red onion, grape tomatoes and crumbled Feta cheese tossed with red wine vinaigrette.

**GLUTEN FREE:** Make sure beans, tomatoes, tomato paste and broth are gluten free.

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# Crock Cooker E book Shopping List

Fall Volume 3 Week 10

**Day 1: Chicken Edamame Chowder**, with a relish tray and cheese bread sticks

**Day 2: Slow Cooker Cowboy Beef and Beans**, add coleslaw and whole grain rolls

**Day 3: Crock Barley Lamb Stew**, with a big spinach salad and crusty bread

**Day 4: Slow Cooker Black Bean and Pork Chili**, top with garnishes and add a big salad and warm corn muffins

**Day 5: Slow Cooker Tuscany Peasant-Style Chicken**, with steamed new potatoes and steamed baby carrots and petite green peas

## SHOPPING LIST:

### MEAT/POULTRY/SEAFOOD

1 1/2 pounds beef chuck roast [D3]

1 1/2 pounds lamb, beef, pork or dark chicken or turkey meat [D3]

1 1/4 pounds pork tenderloin [D4]

6 ounces turkey Italian sausages [D5]

6 (4-oz.) boneless skinless chicken breast halves [D5]

1 pound boneless skinless chicken breast meat [D1]

### CONDIMENTS

Olive oil [D1,D3]

Cider vinegar (if not using dry white wine) [D5]

1 (16-oz.) jar salsa [D4]

Molasses [D2]

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

\*\*Whole black olives [D1]

\*\*Mayonnaise [D2]

\*\*Rice vinegar [D2]

\*\*Salad dressing(s) (your choice) [D3,D4]

### CANNED GOODS

Low sodium chicken broth (31.5 ounces) [D1,D4]

2 (14.5-oz.) cans low sodium beef broth [D3]

1 (14.5-oz.) can diced tomatoes [D3]

2 (15-oz.) cans black beans [D4]

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

### DAIRY/DAIRY CASE

1 (8-oz.) container light sour cream [D1]

Monterey Jack cheese (shredded, for optional garnish) [D1]

\*\*Butter, unsalted [D2,D3,D4,D5]

\*\*Low fat Cheddar cheese [D4]

### FREEZER

1 (12-oz.) package edamame [D1]

\*\*Petite green peas [D5]

### DRY GOODS

Flour [D1]

Pinto beans (3/4 pound) [D2]

Barley (1/2 cup) [D3]

Cornstarch [D5]

### PRODUCE

Onions (1 medium plus 2 small plus 1 cup chopped)

\*\*Additional [D1,D3,D4,D5]

Red onions (1 1/2 cups chopped) [D2]

Garlic (5 cloves) [D3,D5]

Carrots (1 medium) [D3]

Zucchini (2 medium) [D1]

Parsnips (1 medium) [D3]

Green bell peppers (1 cup chopped) [D1]

Red bell peppers (1 medium plus 1 small) [D4,D5]

Jalapeno peppers (2) [D1]

Mushrooms (1 pound) [D3]

Parsley (3 tablespoons chopped) \*\*Additional [D5]

Cilantro (snipped, for optional garnish) [D1]

\*\*New potatoes [D5]

\*\*Baby carrots [D1,D5]

\*\*Cherry tomatoes [D1]

\*\*Coleslaw mix [D2]

\*\*Spinach [D3]

\*\*Lettuce (not Iceberg, no nutrition) [D4]

\*\*Salad veggies (your choice) [D4]

### SPICES

Sea salt [D1,D2,D3,D5]

Black peppercorns [D1,D2,D3,D5]

Ground cumin [D1,D4]

Ground coriander [D1]

Ground ginger [D2]

Dry mustard [D2]

Bay leaves [D2,D3]

Marjoram [D3]

Oregano [D4,D5]

Chili powder [D4]

Rosemary [D5]

### BAKERY

\*\*Corn muffins [D4]

\*\*Whole grain rolls [D2]

\*\*Crusty bread [D3]

\*\*Cheese bread sticks [D1]

### GLUTEN FREE

Turkey sausage [D5]

Salsa [D4]

Molasses [D2]

Dry white wine (or white grape juice/cider vinegar) [D5]

Chicken broth [D1,D4]

Beef broth [D3]

Canned tomatoes [D3]

Canned black beans [D4]

Flour [D1]

Arrowroot starch [D5]

Brown rice [D3]

**[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





## Chicken Edamame Chowder

Day 1 – Serves 6

### INGREDIENTS:

Olive oil	2 teaspoons ground coriander
1 pound boneless skinless chicken breast meat, cut into 1-inch pieces	1/2 teaspoon sea salt
1 (12-oz.) package frozen edamame	1/4 teaspoon freshly ground black pepper
1 cup chopped green bell pepper	2 (14.5-oz.) cans low sodium chicken broth
1 cup chopped onion	1 (8-oz.) container light sour cream
2 jalapeno peppers, de-seeded, de-ribbed and finely chopped	3 tablespoons flour
2 teaspoons ground cumin	2 medium zucchini, halved lengthwise and thinly sliced
	Shredded Monterey Jack cheese, optional
	Snipped fresh cilantro, optional



### INSTRUCTIONS:

Coat a large skillet with a little olive oil over medium-high heat; add chicken and cook until lightly brown. In a slow cooker, combine cooked chicken along with edamame, bell pepper, onion, jalapeno peppers, cumin, coriander, salt and black pepper. Pour chicken broth over all and stir to combine. Cover and cook on LOW for 7 to 8 hours or on HIGH for 3 1/2 to 4 hours. If using LOW heat setting, raise setting to HIGH. With a wire whisk, combine sour cream and flour; whisk mixture into slow cooker along with zucchini. Cover and cook for 20 to 30 minutes more or until mixture has thickened and zucchini is tender-crisp. Ladle chowder into soup bowls; top with cheese and cilantro if desired.

**NUTRITION per serving:** 406 Calories; 14g Fat; 47g Protein; 28g Carbohydrate; 7g Dietary Fiber; 47mg Cholesterol; 526mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 5 1/2 Lean Meat; 1 Vegetable; 1 Fat; 0 Other Carbohydrates. **Points:** 10

**SERVING SUGGESTION:** A relish tray of baby carrots, cherry tomatoes and whole black olives. Add some cheese bread sticks.

**GLUTEN FREE:** Make sure broth is gluten free. Use gluten free flour.

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**DO-AHEAD TIP:** Prepare beans and soak for 1 hour (see recipe).

## Slow Cooker Cowboy Beef and Beans

Day 2 – Serves 6

### INGREDIENTS:

3/4 pound dried pinto beans	1/2 teaspoon sea salt
4 1/2 cups water	1/2 teaspoon ground ginger
1 1/2 pounds beef chuck roast, trimmed	1/2 teaspoon dry mustard
1 1/2 cups chopped red onion	1/4 teaspoon freshly ground black pepper
1/3 cup molasses	1 bay leaf



### INSTRUCTIONS:

Rinse beans and place in a large saucepan with water to cover. Bring to a boil then reduce heat, cover and cook for 15 minutes; remove from heat and let stand for 1 hour. Heat a large skillet over medium heat and brown meat on all sides; transfer to a slow cooker; add beans and their liquid, onion and remaining ingredients. Add more water if needed to cover meat and beans. Cover and cook on HIGH for 2 hours; stir beans, adding more liquid if needed to keep beans and meat covered. Reduce heat setting to LOW and cook for 8 hours or until beans are very tender and liquid is absorbed. Remove beef to a cutting board and slice; serve with beans on the side, discarding bay leaf.

**NUTRITION per serving:** 427 Calories; 9g Fat; 38g Protein; 52g Carbohydrate; 15g Dietary Fiber; 96mg Cholesterol; 247mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fat; 1 Other Carbohydrates. **Points:** 10

**SERVING SUGGESTION:** A big bowl of coleslaw (use a ready-made mix and toss with mayo and a little rice vinegar); add some whole grain rolls with butter.

**GLUTEN FREE:** Make sure molasses is gluten free.

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## Crock Barley Lamb Stew

Day 3 – Serves 6

### INGREDIENTS:

1 tablespoon olive oil  
1 1/2 pounds lamb, beef, pork or even dark chicken or turkey meat, cubed  
1 pound mushrooms, sliced  
1/2 cup barley  
1 medium onion, chopped  
1 medium carrot, sliced

1 medium parsnip, sliced  
1 (14.5-oz.) can diced tomatoes, un-drained  
2 cloves garlic, pressed  
1 teaspoon dried marjoram  
Sea salt and freshly ground black pepper, to taste  
1 bay leaf  
2 (14.5-oz.) cans low sodium beef broth



### INSTRUCTIONS:

Heat the oil in a skillet over medium-high heat; add meat cubes and brown on all sides; transfer to a crock cooker. Add next 10 ingredients (sliced mushrooms through bay leaf); pour beef broth over all. Cover and cook on LOW for 8 to 10 hours or on HIGH for 4 to 5 hours. Remove bay leaf and serve.

**NUTRITION per serving:** 311 Calories; 8g Fat; 30g Protein; 30g Carbohydrate; 7g Dietary Fiber; 59mg Cholesterol; 360mg Sodium. **Exchanges:** 1 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat. **Points:** 8

**SERVING SUGGESTION:** Serve a big spinach salad on the side; add some crusty bread with butter.

**GLUTEN FREE:** Make sure canned tomatoes and broth are gluten free. Use brown rice instead of barley.

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## Slow Cooker Black Bean and Pork Chili

Day 4 – Serves 6

### INGREDIENTS:

1 1/4 pounds lean pork tenderloin, cut into 2-inch strips  
1 small onion, coarsely chopped  
1 small red bell pepper, de-seeded, de-ribbed and coarsely chopped  
2 (15-oz.) cans black beans, drained and rinsed

1 (16-oz.) jar salsa  
1/3 cup low sodium chicken broth  
3/4 teaspoon dried oregano  
3/4 teaspoon ground cumin  
1 1/2 teaspoons chili powder



### INSTRUCTIONS:

In a slow cooker, combine all ingredients; blend well. Cover and cook on LOW for 8 to 10 hours. Before serving, break up pieces of cooked pork to thicken the chili.

**NUTRITION per serving:** 269 Calories; 5g Fat; 29g Protein; 26g Carbohydrate; 10g Dietary Fiber; 61mg Cholesterol; 848mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable. **Points:** 6

**SERVING SUGGESTION:** Serve chili in bowls topped with shredded low fat Cheddar cheese and finely chopped onion; add a big salad and some warm corn muffins with butter.

**GLUTEN FREE:** Make sure canned beans, salsa and broth are gluten free.

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# Slow Cooker Tuscany Peasant-Style Chicken

Day 5 – Serves 6

## INGREDIENTS:

1 small onion, thinly sliced	1/8 teaspoon coarsely ground black pepper
1 medium red bell pepper, de-seeded, de-ribbed and thinly sliced	1/3 cup dry white wine (or use white grape juice with a splash of cider vinegar)
3 cloves garlic, minced	3 1/4 teaspoons cornstarch
1 1/2 teaspoons dried rosemary, crushed	1 1/2 tablespoons cold water
1/4 teaspoon dried oregano	Sea salt, to taste
6 ounces turkey Italian sausages, casings removed	3 tablespoons chopped fresh parsley
6 (4-oz.) boneless skinless chicken breast halves	



## INSTRUCTIONS:

In a slow cooker, combine first 5 ingredients (onion through oregano). Crumble sausages over onion mixture. Rinse chicken and pat dry; arrange in a single layer over sausage; sprinkle with pepper. Pour wine (or juice/vinegar) over all. Cover and cook on LOW for 5 to 7 hours or until chicken is fork-tender. Transfer chicken to a warm, deep platter and cover to keep warm. In a small bowl, combine cornstarch and water; stir into liquid in slow cooker, raise heat setting to HIGH, cover and cook for 10 minutes, stirring 2 to 3 times, or until sauce has thickened; salt to taste. To serve, spoon sauce over chicken and sprinkle with chopped parsley.

**NUTRITION per serving:** 192 Calories; 4g Fat; 31g Protein; 3g Carbohydrate; 1g Dietary Fiber; 84mg Cholesterol; 299mg Sodium. **Exchanges:** 0 Grain (Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fat. **Points:** 4

**SERVING SUGGESTION:** Steamed new potatoes tossed with a little butter and chopped parsley; add steamed baby carrots with petite green peas.

**GLUTEN FREE:** Make sure turkey sausage and wine (or juice/vinegar) are gluten free. Use arrowroot starch instead of cornstarch.

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# Crock Cooker E book Shopping List

Fall Volume 3 Week 11

**Day 1: Crock Cooker Chicken Parmesan**, serve over Angel Hair pasta and add a big salad

**Day 2: Crock Stew**, with mashed russet potatoes and steamed broccoli

**Day 3: Crockoli Cheddar Soup**, add a big spinach salad and whole grain rolls

**Day 4: Crock Beef Burgundy**, with baked butternut squash and steamed baby Brussels sprouts

**Day 5: Slow Cooker Marinated Lemon Turkey**, add steamed new potatoes and steamed asparagus

## SHOPPING LIST:

### MEAT/POULTRY/SEAFOOD

4 1/2 pounds beef round steak [D2,D4]

6 (4-oz.) boneless skinless chicken breast halves [D1]

2 pounds boneless skinless turkey breast [D5]

### CONDIMENTS

Olive oil [D1,D2,D3,D4]

Dijon mustard [D5]

Dry red wine (1 1/2 cups plus 3 tablespoons) (or use broths) [D1,D4]

White wine (3/4 cup) (or use low sodium chicken broth) [D5]

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

### CANNED GOODS

Low sodium chicken broth (3 cups plus 3 tablespoons if not using dry red wine plus 3/4 cup if not using white wine) [D1,D3,D5]

Low sodium beef broth (21.75 ounces, plus 1 1/2 cups if not using dry red wine) [D2,D4]

Crushed tomatoes (2 cups) [D1]

Whole tomatoes (12 ounces) [D4]

### SPICES

Sea salt [D2,D3,D4,D5]

Black peppercorns [D2,D3,D4,D5]

Celery seed [D1]

Thyme [D2,D4]

Dry mustard [D4]

Rosemary [D5]

Oregano [D2]

\*\*Ground nutmeg [D4]

### BAKERY

\*\*Whole grain rolls [D3]

### PRODUCE

Onions (1 large plus 2 cups chopped) [D2,D3,D4]

Garlic (8 cloves) [D1,D2,D5]

Celery (4 medium stalks) [D2,D4]

Carrots (3 medium) [D4]

Baby carrots (9) [D2]

Mushrooms (1 1/2 cups sliced) [D4]

Lemons (1 1/2 cups juice plus 1/3 cup grated peel) [D5]

\*\*Russet potatoes [D2]

\*\*New potatoes [D5]

\*\*Butternut squash [D4]

\*\*Broccoli [D2]

\*\*Baby Brussels sprouts [D4]

\*\*Asparagus [D5]

\*\*Spinach [D3]

\*\*Lettuce (not Iceberg, no nutrition) [D1]

\*\*Salad veggies (your choice) [D1]

### DRY GOODS

Flour [D2,D4]

Whole wheat flour [D3,D4]

Sugar [D1]

\*\*Angel Hair pasta [D1]

### DAIRY/DAIRY CASE

Low fat milk (3 cups) [D3]

Low fat Cheddar cheese (2 cups shredded) [D3]

Part-skim Mozzarella cheese (3/4 cup shredded) [D1]

Parmesan cheese (3 tablespoons grated) [D1]

\*\*Butter, unsalted [D3,D4]

### FREEZER

Chopped broccoli (15 ounces) [D3]

### OTHER

Large zipper-topped plastic bags [D2]

### GLUTEN FREE

Dijon mustard [D5]

Dry red wine [D1,D4]

White wine [D5]

Chicken broth [D1,D3,D5]

Beef broth [D2,D4]

Canned tomatoes [D1,D4]

Flour [D2,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

## Crock Cooker Chicken Parmesan

Day 1 – Serves 6

### INGREDIENTS:

1 tablespoon olive oil  
6 (4-oz.) boneless skinless chicken breast halves  
2 cups canned crushed tomatoes  
3 cloves garlic, pressed  
1 1/2 teaspoons sugar

Pinch of celery seed  
3 tablespoons dry red wine (or use low sodium chicken broth)  
3/4 cup shredded part-skim Mozzarella cheese  
3 tablespoons grated Parmesan cheese



### INSTRUCTIONS:

Heat the oil in a large skillet over medium-high heat; add chicken and sauté until lightly browned, stirring occasionally. In a slow cooker, combine chicken and next 5 ingredients (tomatoes through wine [or broth]). Cover and cook on LOW for 6 to 8 hours. In a small bowl, combine cheeses and sprinkle over the chicken (but don't stir). Cover and continue to cook until cheeses melt, about 15 minutes.

**NUTRITION per serving:** 296 Calories; 8g Fat; 46g Protein; 8g Carbohydrate; 2g Dietary Fiber; 108mg Cholesterol; 344mg Sodium. **Exchanges:** 0 Grain(Starch); 6 Lean Meat; 1 Vegetable; 1/2 Fat; 0 Other Carbohydrates. **Points:** 7

**SERVING SUGGESTION:** Serve over Angel Hair pasta and a big salad.

**GLUTEN FREE:** Make sure tomatoes and wine (or broth) are gluten free.

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## Crock Stew

Day 2 – Serves 6

### INGREDIENTS:

1 tablespoons olive oil  
1 cup chopped onion  
2 cloves garlic, pressed  
3 tablespoons flour  
1 1/2 pounds beef round steak, trimmed and cubed  
9 baby carrots, halved

2 medium stalks celery, finely chopped  
1/2 cup water  
21.75 ounces low sodium beef broth  
1 1/2 teaspoons dried thyme  
Sea salt and freshly ground black pepper, to taste



### INSTRUCTIONS:

Heat the oil in a skillet over medium-high heat; add onion and garlic and sauté till onion is translucent. Meanwhile, place the flour in a large zipper-topped plastic bag; add beef cubes, seal bag and toss to coat. Add beef to onion mixture and continue to cook till meat is browned. Place baby carrots and celery in a crock cooker; top with beef mixture. Add the water to the skillet and whisk up all of the browned bits from the bottom of the pan; pour over beef in the crock cooker. Add beef broth, thyme, salt and pepper. Cover and cook on LOW for 8 hours or until meat is fork-tender.

**NUTRITION per serving:** 218 Calories; 6g Fat; 31g Protein; 8g Carbohydrate; 1g Dietary Fiber; 66mg Cholesterol; 100mg Sodium. **Exchanges:** 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 1/2 Fat. **Points:** 5

**SERVING SUGGESTION:** Mashed russet potatoes and steamed broccoli.

**GLUTEN FREE:** Make sure broth is gluten free. Use gluten free flour.

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## Crockoli Cheddar Soup

Day 3 – Serves 6

### INGREDIENTS:

1 tablespoon olive oil  
1 cup chopped onion  
15 ounces frozen chopped broccoli  
3 cups low sodium chicken broth

3 cups low fat milk  
3 tablespoons whole wheat flour  
2 cups shredded low fat Cheddar cheese  
Sea salt and freshly ground black pepper, to taste



### INSTRUCTIONS:

Heat the oil in a large saucepan over medium-high heat; add chopped onion and cook until translucent; transfer to a slow cooker. Add broccoli and chicken broth. Cover and cook on LOW for 8 hours or on HIGH for 6 hours (slow cookers vary greatly...check your manual for better times, if necessary). In a medium saucepan, combine half of the broccoli/chicken broth mixture and the milk; cook over medium heat till hot (but not boiling!). In a medium bowl, toss together flour and cheese then stir into the saucepan and cook for 10 minutes (but don't boil!) or until nicely thickened. Return to the slow cooker and stir to combine. You can puree this mixture or leave as is, depending on how chunky you like your soup. Salt and pepper to taste.

**NUTRITION per serving:** 202 Calories; 6g Fat; 22g Protein; 17g Carbohydrate; 3g Dietary Fiber; 14mg Cholesterol; 591mg Sodium. **Exchanges:** 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 1/2 Fat. **Points:** 5

**SERVING SUGGESTION:** A big spinach salad and some whole grain rolls with butter.

**GLUTEN FREE:** Make sure broth is gluten free. Use gluten free flour.

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## Crock Beef Burgundy

Day 4 – Serves 6

### INGREDIENTS:

1 tablespoon olive oil  
3 pounds beef round steak, trimmed and cubed  
3 tablespoons flour  
3 medium carrots, sliced  
2 medium stalks celery, sliced  
1 large onion, sliced  
1 1/2 cups sliced mushrooms

1 1/2 cups water, divided  
1 1/2 tablespoons whole wheat flour  
1 1/2 teaspoons dried thyme  
1 1/2 teaspoons dry mustard  
Sea salt and freshly ground black pepper, to taste  
1 1/2 cups dry red wine (or use low sodium beef broth)  
12 ounces canned whole tomatoes, un-drained



### INSTRUCTIONS:

Heat the oil in a skillet over medium heat. Toss the beef in the flour then brown beef in the skillet and set aside. Add the veggies to skillet, adding a little of the water if necessary to keep them from sticking; cook for 2 minutes then transfer to a crock cooker; place browned beef on top. Add the remaining ingredients. Cover and cook on LOW for 8 to 10 hours or on HIGH for 4 to 6 hours, or until beef is fork-tender and stew has thickened. You may need to leave the lid off during the last hour of cooking time to hasten the thickening process.

**NUTRITION per serving:** 397 Calories; 11g Fat; 52g Protein; 12g Carbohydrate; 3g Dietary Fiber; 132mg Cholesterol; 308mg Sodium. **Exchanges:** 0 Grain(Starch); 7 Lean Meat; 1 1/2 Vegetable; 1/2 Fat. **Points:** 9

**SERVING SUGGESTION:** Baked butternut squash and steamed baby Brussels sprouts tossed with a little butter and a dash of ground nutmeg.

**GLUTEN FREE:** Make sure wine (or broth) and tomatoes are gluten free. Use gluten free flour.

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**DO-AHEAD TIP:** Marinate turkey overnight (see recipe).

## Slow Cooker Marinated Lemon Turkey

Day 5 – Serves 6

### INGREDIENTS:

1/3 cup grated lemon peel (about 2 lemons)  
1 1/2 cups fresh lemon juice (3 large lemons)  
1 1/2 teaspoons dried rosemary, crushed  
1 1/2 teaspoons dried oregano  
3 tablespoons Dijon mustard

3/4 cup white wine (or use low sodium chicken broth)  
3 cloves garlic, pressed  
Sea salt and freshly ground black pepper, to taste  
2 pounds boneless skinless turkey breast



### INSTRUCTIONS:

In a medium bowl, combine first 8 ingredients (lemon peel through black pepper); blend well. Place turkey in a baking dish and pour marinade on top, turning turkey to coat. Cover and refrigerate overnight. Place turkey and marinade in a slow cooker; cover and cook on LOW for 6 to 8 hours or until turkey is fork-tender.

**NUTRITION per serving:** 217 Calories; 1g Fat; 38g Protein; 8g Carbohydrate; 1g Dietary Fiber; 94mg Cholesterol; 201mg Sodium. **Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates. **Points:** 5

**SERVING SUGGESTION:** Steamed new potatoes and steamed asparagus.

**GLUTEN FREE:** Make sure mustard and wine (or broth) are gluten free.

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# Crock Cooker E book Shopping List

Fall Volume 3 Week 12

**Day 1: Prosciutto Creamed Chicken**, serve over egg noodles and add steamed asparagus

**Day 2: Creamy Mexican Creole Pork Stew**, topped with cilantro with corn on the cob and a big salad

**Day 3: Slow Cooker Roast and Sweet Potatoes**, add steamed kale

**Day 4: Braised Slow Cooker Turkey**, with steamed new potatoes and steamed green beans

**Day 5: Old-Fashioned Bean Soup**, add a big spinach salad and crusty bread

## SHOPPING LIST:

### MEAT/POULTRY/SEAFOOD

- 1 (2 1/2- to 3-lb.) beef top loin roast [D3]
- 2 pounds boneless pork shoulder roast [D2]
- 1 smoked ham hock OR meaty ham bone [D5]
- 6 (6-oz.) boneless skinless chicken breast halves [D1]
- 2 pounds boneless skinless turkey breast [D4]

### DELI

- Prosciutto (8 ounces) [D1]

### CONDIMENTS

- Olive oil [D2]
- Cider vinegar (if not using white wine) [D1,D4]
- Salsa, your favorite (1 1/2 cups) [D2]
- Honey [D4]
- White wine (1 1/3 cups) or use white grape juice/cider vinegar) [D1,D4]
- \*\*Salad dressing(s) (your choice) [D2,D5]

### SPICES

- Sea salt [D2,D3,D4,D5]
- Black peppercorns [D2,D3,D4,D5]
- Oregano [D2]
- Garlic powder [D3]
- Ground ginger [D3]
- Ground cinnamon [D3]
- Thyme [D4]
- Dry mustard [D5]

### DRY GOODS

- Flour [D2]
- Cornstarch [D1,D4]
- 1 pound white beans [D5]
- \*\*Egg noodles [D1]

### PRODUCE

- Onions (1 large plus 1 1/2 cups sliced plus 1 cup chopped) [D1,D4,D5]
- Garlic (9 cloves) [D2,D4,D5]
- Green onions (1/2 cup sliced) [D2]
- Celery (1 large stalk) [D5]
- Carrots (2 large) [D5]
- Sweet potatoes (4 medium) [D3]
- Mushrooms (6 ounces) [D4]
- \*\*New potatoes [D4]
- \*\*Corn on the cob (or buy frozen) [D2]
- \*\*Asparagus [D1]
- \*\*Green beans [D4]
- \*\*Kale [D3]
- \*\*Spinach [D5]
- \*\*Lettuce (not Iceberg, no nutrition) [D2]
- \*\*Salad veggies (your choice) [D2]
- \*\*Cilantro [D2]

### CANNED GOODS

- Low sodium chicken broth (21.75 ounces) [D2]
- White grape juice (1 1/3 cups) (if not using white wine) [D1,D4]

### DAIRY/DAIRY CASE

- Butter, unsalted [D1,D2,D5]
- Half and half (3/4 cup) [D2]
- U.K. Members: Half and half is half milk and half cream
- Heavy (whipping) cream (3/4 cup) [D1]

### FREEZER

- \*\*Corn on the cob (if not using fresh) [D2]

### BAKERY

- \*\*Crusty bread [D5]

### GLUTEN FREE

- Ham hock [D5]
- Prosciutto [D1]
- Salsa [D2]
- White wine (or white grape juice/cider vinegar) [D1,D4]
- Chicken broth [D2]
- Flour [D2]
- Arrowroot starch [D1,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



## Prosciutto Creamed Chicken

Day 1 – Serves 6

### INGREDIENTS:

2 tablespoons unsalted butter, melted  
6 (6-oz.) boneless skinless chicken breast halves  
1 cup finely chopped onion  
8 ounces Prosciutto, chopped

1 cup white wine (or use white grape juice  
with a splash of cider vinegar)  
2 tablespoons cornstarch  
3 tablespoons water  
3/4 cup heavy (whipping) cream



### INSTRUCTIONS:

In a slow cooker, combine melted butter, chicken, onion, Prosciutto and wine (or juice/vinegar). Cover and cook on LOW for 7 to 9 hours or until chicken is cooked through. About 30 minutes before serving, combine cornstarch and water; add to slow cooker along with the cream; blend well. Cover and cook on HIGH until sauce thickens.

**NUTRITION per serving:** 444 Calories; 20g Fat; 51g Protein; 6g Carbohydrate; 1g Dietary Fiber; 176mg Cholesterol; 1144mg Sodium. **Exchanges:** 0 Grain(Starch); 7 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 Fat. **Points:** 10

**SERVING SUGGESTION:** Serve over egg noodles; add steamed asparagus on the side.

**GLUTEN FREE:** Make sure Prosciutto and wine (or juice/vinegar) are gluten free. Use arrowroot starch instead of cornstarch.

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## Creamy Mexican Creole Pork Stew

Day 2 – Serves 6

### INGREDIENTS:

1 tablespoon olive oil  
2 pounds boneless pork shoulder roast, trimmed and cut  
into 3/4-inch cubes  
21.75 ounces low sodium chicken broth  
1/2 cup sliced green onions  
4 cloves garlic, pressed

1 1/2 teaspoons dried oregano  
1 1/2 cups salsa, your favorite  
3 tablespoons flour  
3/4 cup half and half  
Sea salt and freshly ground black pepper, to  
taste



### INSTRUCTIONS:

Heat the oil in a skillet over medium-high heat; add pork cubes and brown on all sides. Stir in chicken broth, green onions, garlic and oregano. Bring to a boil, add salsa then reduce heat and simmer for 2 minutes; transfer to a 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, whisk together flour and half and half till smooth (no lumps!); gradually stir into the stew. Cook, uncovered, until thickened. (Depending on the make, model and age of your appliance, you may need to place the stew in a saucepan to thicken on the stovetop. It's not going to be really thick anyway—just thicker.) Salt and pepper to taste and serve!

**NUTRITION per serving:** 403 Calories; 24g Fat; 35g Protein; 11g Carbohydrate; 2g Dietary Fiber; 92mg Cholesterol; 596mg Sodium. **Exchanges:** 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 Fat. **Points:** 10

**SERVING SUGGESTION:** Serve stew in bowls, garnished with chopped cilantro. Add corn on the cob and a big salad on the side.

**GLUTEN FREE:** Make sure broth and salsa are gluten free. Use gluten free flour.

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## Slow Cooker Roast and Sweet Potatoes

Day 3 – Serves 6

### INGREDIENTS:

1/2 to 1 cup water  
1 (2 1/2- to 3-lb.) beef top loin roast, trimmed  
1 1/2 teaspoons garlic powder  
Sea salt and freshly ground black pepper, to taste

4 medium sweet potatoes, peeled and quartered  
3/4 teaspoon ground ginger  
1 1/2 teaspoons ground cinnamon



### INSTRUCTIONS:

In a slow cooker, place 1/2 to 1 cup of water; add roast and sprinkle with garlic powder, salt and pepper. Arrange sweet potatoes around and on top of the roast. Sprinkle ground ginger, cinnamon and salt over the sweet potatoes. Cover and cook on LOW for 6 to 8 hours.

**NUTRITION per serving:** 364 Calories; 11g Fat; 42g Protein; 22g Carbohydrate; 3g Dietary Fiber; 112mg Cholesterol; 153mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 5 1/2 Lean Meat; 0 Fat. **Points:** 9

**SERVING SUGGESTION:** Serve steamed kale on the side.

**GLUTEN FREE:** No changes necessary.

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## Braised Slow Cooker Turkey

Day 4 – Serves 6

### INGREDIENTS:

2 pounds boneless skinless turkey breast  
1 1/2 cups sliced onion  
1 teaspoon dried thyme  
2 cloves garlic, pressed  
Sea salt and freshly ground black pepper, to taste

1/3 cup white wine (or use white grape juice with a splash of cider vinegar)  
1 1/2 tablespoons honey  
6 ounces sliced mushrooms  
1/3 cup plus 3 tablespoons water, divided  
1 1/2 tablespoons cornstarch



### INSTRUCTIONS:

Place turkey breast in a slow cooker; add onion, thyme, garlic, salt, pepper, wine (or juice/vinegar), honey, mushrooms and 1/3 cup of water. Cover and cook on LOW for 6 to 8 hours. In a small bowl, combine remaining water with cornstarch; stir into slow cooker. Raise heat setting to HIGH and continue to cook for 30 minutes or until sauce is smooth and thickened.

**NUTRITION per serving:** 221 Calories; 1g Fat; 38g Protein; 11g Carbohydrate; 1g Dietary Fiber; 94mg Cholesterol; 78mg Sodium. **Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 0 Fat; 1/2 Other Carbohydrates. **Points:** 5

**LC SERVING SUGGESTION:** Steamed new potatoes and steamed green beans.

**GLUTEN FREE:** Make sure wine (or juice/vinegar) is gluten free. Use arrowroot starch instead of cornstarch.

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

## Old-Fashioned Bean Soup

Day 5 – Serves 12 (FREEZABLE)

### INGREDIENTS:

1 pound dry white beans  
1 smoked ham hock, or meaty ham bone  
1 large onion, chopped  
3 cloves garlic, pressed

2 large carrots, chopped  
1 large celery stalk, chopped  
1/2 teaspoon dry mustard  
Sea salt and freshly ground black pepper, to taste



### INSTRUCTIONS:

Drain soaked beans. In a slow cooker, combine all above ingredients except salt and pepper. Cover and cook on HIGH for 2 hours. Reduce slow cooker heat to LOW and cook for 8 to 10 hours. Salt and pepper to taste before serving.

**NUTRITION per serving:** 152 Calories; 2g Fat; 11g Protein; 24g Carbohydrate; 6g Dietary Fiber; 9mg Cholesterol; 85mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 1 Lean Meat; 0 Vegetable; 0 Fat. **Points:** 4

**SERVING SUGGESTION:** Serve a big spinach salad on the side; add some crusty bread with butter.

**GLUTEN FREE:** Make sure ham hock is gluten free.

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