

Meals

Recipes from <http://www.mamainspired.com/2013/01/mass-crock-pot-dinners.html> or as linked

POT ROAST

Cook in Crockpot on High for 4+ hrs

- 1 chuck roast (2.5-3 pounds)
- carrots
- onion
- potatoes
- garlic
- thyme
- salt and pepper
- 16 oz beef broth

GREEN CHILI BEEF

Cook in Crockpot on High for 4+ hrs

- 1 chuck roast (2.5-3 pounds)
- 1 jar green salsa
- garlic
- onions

Serve with Tortillas

ITALIAN CHICKEN

Cook in Crockpot on High for 4+ hrs

- 4-6 chicken breasts
- 6 tablespoons Italian seasoning
- 8 oz chicken broth

Serve with Spaghetti

CHEESY CHICKEN

Cook in Crockpot on High for 4+ hrs

- 4-6 chicken breasts
- 1 can of mushrooms
- 8 oz chicken broth

FRENCH SHREDDED BEEF

Cook in Crockpot on High for 4+ hrs

- 1 chuck roast (2.5-3 pounds)
- ranch seasoning
- italian seasoning
- onion
- garlic
- 16 oz beef broth

Serve as sandwiches

CHICKEN FAJITAS

Cook in Crockpot on High for 4+ hrs

- 4-6 chicken breasts
- Onion
- red pepper
- green pepper
- Fajita seasoning
- 8 oz chicken broth

Serve with Tortillas

CHICKEN & DUMPLINGS

Cook in Crockpot on High for 4+ hrs

- 4-6 chicken breasts
- 1 cream mushroom
- 1 cream chicken
- 1 cup coconut milk last 45 minutes
- in last hour- add one can of cut up biscuits (uncooked)

RANCH CHICKEN

Cook in Crockpot on High for 4+ hrs

- 4-6 chicken breasts
- ranch seasoning

Last hour add:

- 1/4 cup coconut milk
- 1 cup shredded cheddar cheese
- bag of frozen broccoli

GREEN CHILI CHICKEN

Cook in Crockpot on High for 4+ hrs

- 4-6 chicken breasts
- 1 jar green salsa
- garlic
- onions

Serve with Tortillas

PHILLY CHEESE STEAK

Cook in Crockpot on High for 4+ hrs

- cube steak
- raw cut into strips
- Red bel pepper
- green bel pepper
- onion
- 8oz beef broth
- seasonings
- Last 30 min top with provolone cheese

Serve as sandwiches

LYZETTE'S TORTILLA SOUP

Cook in Crockpot on High for 4+ hrs

- 4-6 chicken breasts
- chicken broth
- 1 can black beans
- 1 can corn
- 1 can rotel

Shred chicken in last 30 mins. Serve with cheese, tortilla chips, and avocados

- 16 oz chicken broth
- 4-6 potatoes

CHILI

Cook in Crockpot on High for 4+ hrs

- 1 pound cooked ground beef or turkey
- 2 cans Ranch Style beans
- 2 cans rotel
- 1 can black beans
- 2 cans white beans
- garlic
- Diced onion
- Chili Seasoning

LYZETTE'S TACO SOUP

Cook in Crockpot on High for 4+ hrs

- 1 lb ground beef or turkey
- 1 can stewed tomatoes
- 1 can Rotel
- onion
- taco seasoning
- ranch seasoning
- 1 can Ranch Style beans
- 1 can Ranch Style beans with Jalapeños
- 1 can whole kernel corn

Serve with sour cream, cheese, tortilla chips, and avocados

EASY CROCKPOT CHICKEN CACCIATORE

Cook in Crockpot on High for 4+ hrs

- 4 chicken breasts
- 2 packets of Spaghetti Sauce mix
- 2 - 8 oz cans of tomato sauce

- olive oil
- water

Spray crock pot with a non-stick spray

before adding ingredients. Serve with Spaghetti

SLOW COOKER BEEF BOURGUIGNON

Cook in Crockpot on High for 4+ hrs

- 3 pounds beef stew meat
- 6 slices bacon
- 2 tablespoons olive oil
- 1 onion
- carrots
- 4 garlic cloves
- seasonings
- salt & pepper
- 1 tablespoon tomato paste
- 2 cups red wine

ITALIAN SAUSAGE TORTELLINI SOUP

Cook in Crockpot on High for 4+ hrs

- 1 lb. Italian Sausage, rolled into 1/4 teaspoon size balls
- 1 tablespoon olive oil
- 1 small onion, diced
- 3 cloves garlic, minced
- 2 red bell peppers, diced
- 1 bay leaf
- 1/8 teaspoon red pepper flakes
- 8 cups vegetable or chicken broth
- 2 (15 ounce) cans diced tomatoes
- 1 1/2 cups chopped spinach
- 2 cups cheese tortellini (fresh or frozen)
- 1/4 cup chopped fresh basil
- Salt and black pepper, to taste

SPICY POTATO CASSEROLE

Bake @ 350 degrees for 45 mins

- 1lb browned ground beef
- 1 pkg taco seasoning
- 1 small onion, diced
- bag of tater tots

BEEF STEW

Cook in Crockpot on High for 4+ hrs

- 2 pounds beef stew meat
- 1 (16-ounce) jar southwest salsa (has corn, black beans, onions, tomatoes, chiles)
- 4 cups beef broth
- 1 (15-ounce) can garbanzo beans, drained and rinsed
- 1 cup baby carrots, or chopped carrot

SEBRINA'S BAKED SPAGHETTI

Bake @ 350 degrees for 40 mins

- Spaghetti
- 1 Jar Spaghetti Sauce
- 1 pound ground beef
- 2 cans mushrooms
- Olive Oil
- Water (jar amount)
- Mozzarella Cheese
- Salt & Pepper

Layer: olive oil, noodles, sauce, water, ground beef, mushrooms, cheese, salt & pepper.

ONE POT WONDER THAI PEANUT PASTA

Cook in Stockpot, covered to a boil. Reduce to a low simmer stirring every 2 minutes until al dente.

- 4 T butter, melted
- 2 cups shredded cheese
- 1 t. salt
- 1 pint sour cream
- 1 can cream of mushroom soup
- 1 soup can milk
- 2.5 cups crushed corn chips

Combine ground beef, taco seasoning and onion. Put mixture in bottom of dish. Mix tots with butter, cheese, salt, sour cream and soup. Mix with milk. Spoon over hamburger mixture.

Top with remaining chips before baking.

- 12 ounces linguine
- 4 cups chicken broth
- 1/2 cup water
- 4 cloves garlic, thinly sliced
- 1 tablespoon tamarind paste
- 1 tablespoon soy sauce
- 1/2 teaspoon red pepper flakes
- carrots, sliced lengthwise
- 1 red bell pepper, sliced lengthwise
- 3 chives
- 1 cup roasted salted peanuts
- 2 tablespoons peanut butter

Add at the end of cooking

- One small bunch of cilantro
- Juice of two limes

CROCKPOT BALSAMIC CHICKEN

Cook in Crockpot on High for 4+ hrs

- 4-5 frozen chicken breasts
- 2 small yellow squash
- 1 medium zucchini
- 1 medium purple onion
- Red & green bell peppers
- 2 tbsp Worcestershire sauce
- 1/4 cup Balsamic vinegar

ONE POT PASTA

Boil in Stockpot until al dente

- 12 ounces linguine
- 12 ounces cherry or grape tomatoes
- 1 onion
- 4 cloves garlic, thinly sliced
- 1/2 teaspoon red-pepper flakes
- 2 sprigs basil, plus torn leaves for garnish
- 2 tablespoons extra-virgin olive oil, plus more for serving
- Coarse salt and freshly ground pepper
- 4 1/2 cups water
- Freshly grated Parmesan

cheese, for serving

GROWN-UP MAC & CHEESE

Bake @ 350 degrees for 20 mins

- Ziti, cooked
- 1 lb ground beef
- 1 pkg taco seasoning
- 1 cup water
- 1 pkg cream cheese
- 3 cups shredded cheese

BAKED TORTELLINI

Bake @ 350 degrees for 25 mins

- 20 oz. of tortellini, cheese-filled, cooked
- 15 oz. of Alfredo sauce
- 4 oz. of bacon, minced
- 8 oz. mozzarella cheese, shredded

ITALIAN SAUSAGE & POTATO ROAST

Bake @ 450 degrees for 30 mins

- 2 lbs Italian Sausage, sliced
- 2 Bell Peppers
- 1 Sweet Onion
- 1 lb Red potatoes (cut in quarters)
- 1-2 Tbsp Olive oil
- ¼ tsp oregano
- 1 tsp Garlic salt
- Dash of pepper

SEBRINA'S ONE POT BROCCOLI & NOODLES

Boil in Stockpot until al dente

- 1 lb frozen bag broccoli florets
- 12oz bow tie noodles
- 5 reg size garlic cloves
- ¼ c Olive oil
- 1 C Italian cheese
- 4 1/2 cups water
- Salt and pepper to taste

CROCKPOT BACON CHEESEBURGER SOUP

Cook in Crockpot on High for 4+ hrs

- 1lb of ground beef
- 1 container of cream cheese
- 6 slices of bacon
- 1 bag Ore Ida Hasbrowns
- 1 velveeta cheese 8oz stick, cubed
- 1 chicken broth stock 32oz.
- small onion diced

LOADED POTATO & BUFFALO CHICKEN CASSEROLE

Bake @ 400 degrees for 25 mins

- 2 lbs chicken breasts, cubed
- Tater Tots
- 1/3 cup olive oil
- 1 1/2 teaspoons salt
- 1 tablespoon fresh ground pepper
- 1 tablespoon paprika
- 2 tablespoons garlic powder

- 6 tablespoons buffalo sauce
- 2 cups fiesta Mexican blend cheese
- 1 cup bacon bits
- 1 cup diced green onion

Mix first 8 ingredients, and top with last 3

BURRITO CASSEROLE

Bake @ 350 degrees for 30 mins

- 1 lb ground beef
- 1/2 medium onion, chopped
- 1 pkg taco seasoning mix
- 6 large flour tortillas
- 1 can(s) refried beans
- 3 c shredded cheese
- 1 can(s) cream of mushroom soup, undiluted
- 4 oz sour cream
- hot sauce (if you want it a little spicy)

Mix beef, onion, taco seasoning, and beans. Mix soup, sour cream, and hot sauce. Layer soup, tortilla strips, meat, cheese, repeat.

PIZZA CASSEROLE

Bake @ 350 degrees for 30 mins covered, and 15 mins uncovered

- 1 bag egg noodles, cooked
- 1 large can pasta sauce
- 3 cups Mozzarella; shredded
- 1 ground beef
- 1 package pepperoni

Layer sauce, noodles, meat, sauce, noodles, cheese, meat, sauce, cheese, pepperoni.

Shopping List

Meats: look for sales! This is where most of the money goes!

- 11-13 pounds of chicken breast
- 8 pounds ground beef, turkey, or pork
- 4-6 cube steak patties
- 3 chuck roasts (2.5-3 pounds each)
- 5 pounds beef stew meat
- 2 packs bacon
- 3 lbs. Italian Sausage
- 1 Pack of Pepperoni

Produce:

- 6 pounds of potatoes
- 12 onions
- 5 green bell peppers
- 6 red bell pepper

4 bags of mini carrots
fresh thyme
pre-minced garlic
Chives
2 small yellow squash
1 medium zucchini
12 ounces cherry or grape tomatoes

Canned items:

3 cans mushrooms
2 cans black beans
2 cans white beans
1 can garbanzo beans
3 cans Ranch Style beans
1 can Ranch Style beans with Jalapeños
1 can refried beans
2 cans whole kernel corn
4 cans Rotel
1 can stewed tomatoes
2 cans tomato sauce
1 can tomato paste
1 (16-ounce) jar southwest salsa (has corn, black beans, onions, tomatoes, chiles)
2 cans diced tomatoes
2 Jars Spaghetti Sauce
2 cans cream of mushroom soup
1 jar Alfredo sauce

Other Grocery Items:

2 jars of green salsa
Beef bouillon
Chicken bouillon
22 freezer gallon size bags
8 foil pans with lids
3 packs Ranch Seasoning
4 packs Taco Seasoning
1 pack Chili Seasoning
1 pack Fajita Seasoning
2 packs Spaghetti Sauce
olive oil
red wine
bay leaf
red pepper flakes
Basil seasoning

2 Spaghetti
4 Linguine
Tamarind Paste
Soy Sauce
1 cup roasted salted peanuts
peanut butter
Worcestershire sauce
Balsamic vinegar
2 Ziti
2 Bow tie pastas
Oregano
Garlic Salt
Bacon Bits
Buffalo Sauce
flour tortillas
hot sauce
Egg Noodles

Dairy/refrigerated items:

Coconut milk
1 small bag sliced provolone cheese
3 large bags shredded cheddar cheese
2 bag frozen broccoli
chopped spinach
3 cheese tortellini
2 large bags Mozzarella cheese
2 bags of tater tots
Butter
2 pints Sour Cream
Milk
2 Cream Cheese
1 small bag Italian Cheese
1 bag Ore Ida Hasbrowns
velveeta cheese 8oz stick

Items to buy week of serving

Sour Cream
Cheddar Cheese
Tortillas
Bread
4 Spaghetti
Tortilla Chips
Avocado

Corn Chips
Cilantro
2 Limes
Parm Cheese

Prep Instructions:

Set aside 4 hours

1. Start cooking ground beef or turkey, set aside. Use the [boiling method](#) to cook a large amount faster. Place in large stockpot, cover with water. Bring to boil while stirring to break up clumps. Lower temperature, cover and simmer until browned.
2. Get bags and casserole pans ready & labeled with meal, cooking instructions, and prep date.
3. PREP: wash produce, and chop it all up. Leave it on a cutting board on the counter. Open up the cans that you will use, have spices out & ready. Have everything out on the counter and readily available.
4. Now it's time to start bagging! Do ONE MEAT at a time. Start with chicken.
5. Place the first meat I'm working with in all of the bags. Do not add any other ingredients yet, only the meat. (Wash your hands!) It is extremely helpful if someone can hold open the bags for you... this way you don't get meat germs on the bags.
6. Now, look at your list and add according ingredients into each labeled bag (e.g.: chicken, jar green salsa, garlic, handful of onion) and seal the bag. Lay flat on the counter.
7. Continue with that meat, one bag for each recipe.
8. Place all the finished bags of this meat in the freezer.
9. Repeat steps 5-8 for each meat.
10. Clean up :)