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**Produce**

Onions  
Garlic  
Broccoli  
Red bell pepper  
Green bell pepper  
Cucumber  
Jalapeno  
Apples  
Lemons (or lemon juice)  
{Carrot sticks}  
{Sweet potatoes}  
{Salad fixings – 2 meals}  
{Favorite fruit}

**Canned/Dry**

Petite diced tomatoes, 1 15 oz. can  
Spaghetti sauce, 1 can or jar  
Stir fry sauce (e.g., Panda Express Mandarin Sauce), 1 bottle  
Hoisin sauce  
Soy sauce  
Kitchen Bouquet  
White wine or chicken broth  
Mayonnaise  
Honey  
Quick oats  
Peaches, 2 20 oz. Cans  
{Potato chips}  
{Rice}  
{Angel hair pasta}

**Bread**

Pita bread

**Dairy**

Butter  
Shredded cheddar (or Parmesan) cheese  
Greek yogurt, 10 oz.

**Meat**

Chuck roast, 2-3 lb.  
Stew beef, 2 lbs.  
Boneless chicken breasts, 4-6  
Chicken tenders, 2-3 lbs.  
Pork chops, 1.5 lbs.  
Tilapia (or other white fish) fillets, 3-4

**Frozen**

{Favorite veggie – 3 meals}

**Items to Have in Pantry**

Salt  
Pepper  
Cumin  
Ground red pepper (cayenne)  
Allspice  
Mint  
Ginger  
Cinnamon  
Dijon mustard  
Honey  
Brown sugar  
Flour



## African Pulled Beef Sandwiches in the Slow Cooker with Yogurt-Mint Sauce

- 2-3 lb. chuck roast
- 3-5 cloves garlic, 1 whole and peeled, others crushed
- 1 tsp. cumin
- 1/2 tsp. ground red pepper (cayenne)
- 1/4 tsp. allspice
- 1 onion, diced
- 1 jalapeno, seeds removed and diced
- 15 oz can petite diced tomatoes
- Pita bread

### For the sauce:

- 10 oz Greek yogurt
- 1 large cucumber, peeled and diced
- 1/2 tsp. dried mint

Cut one garlic clove in half and rub roast all over with it. Place roast and whole garlic clove in slow cooker. Add remaining ingredients (except for sauce) to the slow cooker, sprinkling spices directly on meat. Cover and cook on high 5-6 hours or low 7-8 hours. Remove meat from crock and shred with a fork. Return meat to the crock and stir to combine with juices from cooking the meat. Stir yogurt, cucumber and mint together. Serve meat in pita bread with yogurt sauce.

**Serving Suggestion: carrot sticks, potato chips**



## Honey Dijon Pork Chops and Apples in the Slow Cooker

- 1 1/2 lbs. pork chops, boneless or bone-in
- 5 small apples, peeled and sliced
- 1 onion, sliced
- 3 Tbs. honey
- 1 tsp. Dijon mustard
- 1/2 tsp. Kosher salt
- generous grind black pepper

Place pork chops on bottom of crock. Stir honey, Dijon, salt and pepper together. Pour over apples and onions and toss to coat. Place apples and onions on top of pork chops in slow cooker. Cook 5-6 hours on high or 7-8 hours on low.

**Serving Suggestion: baked sweet potatoes, favorite green veggies**





### Chicken and Broccoli “Stir-Fry” in the Slow Cooker

- 2-3 lbs. chicken tenders
- 1/2 bottle stir fry sauce (about 1 cup) or more, if you like (I used Mandarin Sauce from Panda Express)
- 1 bunch broccoli, chopped
- 1 red bell pepper, sliced

Place chicken in slow cooker. I start mine from frozen. Pour sauce over chicken. Cook on high 4-5 hours or low 6-7 hours. About an hour before serving, place broccoli and red pepper on top of chicken in slow cooker. Cover and let it finish cooking. Serve over rice.

**Serving Suggestion: steamed rice**





### Easy Pepper Steak in the Slow Cooker

- 2 lbs. stew beef
- 1 can or jar of spaghetti sauce
- 1 onion, sliced
- 1 green pepper, sliced
- 2 tsp. Kitchen Bouquet

Put everything in the slow cooker and cook 7-8 hours on low or 5-6 hours on high. I have made this without the Kitchen Bouquet and it's still good, but the ingredient does add a good flavor. Serve with pasta.

**Serving Suggestion: angel hair pasta, salad**



## Tilapia in the Slow Cooker with Garlic Cheese Sauce

- 3-4 Tilapia fillets or other white fish (I made 6 fillets)
- 1/4 cup mayonnaise
- 1/2 cup shredded cheese (I used cheddar, but Parmesan would be really good)
- the juice of two lemons (I used 5 Tbs. of lemon juice)
- 4 cloves garlic, minced
- salt and pepper

I didn't really measure the mayo or cheese. I knew I needed a bit more since I was making 6 fillets, so I just eye-balled it. Stir the sauce together (all ingredients except the fish). I decided not to thaw out the frozen fillets. It just seemed like an easy step to skip and it worked out fine.

Put the sauce on both sides of the fillet. Then wrap into a foil packet. Place all the packets in the crockpot, stacking them on top of each other. I was surprised that they took up so much space in the crock. I thought I might have room to wrap potatoes and put them on the bottom of the crock to cook at the same time, but there wouldn't have been room. Maybe if you're making less fish. If you try that trick, let me know if it works!

Cook on low for 3-4 hours. I started mine on high for about 30 minutes since I started with frozen fish, but I don't know that I needed to do that. The fish should flake easily with a fork when it's done.

**Serving Suggestion: favorite green veggie, salad**





### **Honey Hoisin Chicken in the Slow Cooker**

- 4-6 boneless chicken breasts
- 1/4 cup hoisin sauce
- 1/4 cup soy sauce
- 1/4 cup honey
- 1/4 cup white wine or chicken broth
- 1/4 tsp. ground ginger

Put the chicken in the crockpot. Mix the other ingredients together and pour over the chicken. Cook on high for 4-5 hours or low for 7-8 hours.

**Serving Suggestion: favorite green veggie, fresh fruit**





### Peach Crisp in the Slow Cooker

- 1 cup brown sugar
- 1 cup quick oats
- 1/2 cup flour
- 1 tsp. cinnamon
- 1/4 cup butter, softened + extra to butter crock
- 2 large (20 oz) cans peaches, drained well

Butter the inside of the crock or spray with cooking spray. Stir together brown sugar, oats, flour and cinnamon. Cut the butter into the dry ingredients with a pastry blender or fork until the mixture is crumbly. Put the drained peaches in the crock and stir 1/2 the crumbs into the fruit. Top with the rest of the crumbs. Cook on low 3-4 hours. If you want to really crisp it up, pop the crock under the broiler for a minute before serving. We skipped that step and it was still delicious and a little bit crispy around the edges.

