

Weekly Menu, Recipes, and Grocery List

1. [African Pulled Beef Sandwiches in the Slow Cooker with Yogurt-Mint Sauce](#), carrot sticks, potato chips
2. [Honey Dijon Pork Chops and Apples in the Slow Cooker](#), baked sweet potatoes, favorite green veggies
3. [Chicken and Broccoli "Stir-Fry" in the Slow Cooker](#), steamed rice
4. [Easy Pepper Steak in the Slow Cooker](#), angel hair pasta, salad
5. [Tilapia in the Slow Cooker with Garlic Cheese Sauce](#), favorite green veggie, salad
6. [Honey Hoisin Chicken in the Slow Cooker](#), favorite green veggie, fresh fruit
7. [Peach Crisp in the Slow Cooker](#)

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



Weekly Menu, Recipes, and Grocery List

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.

