7-Day Slow Cooker Meal Plan

Easy crockpot dinners for one week. Recipes and grocery list on the next pages.

Monday	**Salsa Chicken Tacos**	Low 6-7 h | High 3-4 h | Serves 6 Serve with: tortillas, shredded lettuce, cheddar, sour cream, cilantro
Tuesday	**Easy Beef Chili**	Low 6-8 h | High 3-4 h | Serves 6 Serve with: shredded cheddar, sour cream, green onions, cornbread
Wednesday	**Honey Garlic Chicken**	Low 5-6 h | High 3 h | Serves 6 Serve with: rice, steamed broccoli, green onions
Thursday	**Vegetable Minestrone**	Low 6-8 h | High 3-4 h | Serves 6 Serve with: crusty bread, grated parmesan
Friday	**BBQ Pulled Pork**	Low 8-10 h | High 5-6 h | Serves 8 Serve with: burger buns, coleslaw, pickles
Saturday	**Classic Beef Stew**	Low 8-9 h | High 4-5 h | Serves 6 Serve with: crusty bread, a green salad
Sunday	**Loaded Potato Soup**	Low 7-8 h | High 4 h | Serves 6 Serve with: toppings bar, crackers or bread

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Grocery List

Everything for the 7-day plan, by store section. Check off what you already have.

MEAT

- [ ] 2 lb chicken breasts
- [ ] 2 lb chicken thighs
- [ ] 1 lb ground beef
- [ ] 3-4 lb pork shoulder
- [ ] 2 lb beef stew meat
- [ ] Bacon (topping)

PRODUCE

- [ ] 5 onions
- [ ] 1 head garlic
- [ ] 6 carrots
- [ ] 2 celery stalks
- [ ] 1 zucchini
- [ ] 4.5 lb potatoes
- [ ] 1 lime
- [ ] Green onions
- [ ] Lettuce + cilantro
- [ ] Broccoli

CANS & JARS

- [ ] 1 jar (16 oz) salsa
- [ ] 2 cans kidney/black beans
- [ ] 1 can white beans
- [ ] 1 can (28 oz) diced tomatoes
- [ ] 1 can (14.5 oz) diced tomatoes
- [ ] 1 can (15 oz) tomato sauce
- [ ] Tomato paste
- [ ] BBQ sauce (1 cup)

BROTH & PANTRY

- [ ] 4.5 cups chicken broth
- [ ] 3 cups beef broth
- [ ] 6 cups vegetable broth
- [ ] Honey
- [ ] Soy sauce
- [ ] Ketchup
- [ ] Brown sugar
- [ ] Cornstarch
- [ ] Rice
- [ ] Small pasta (1 cup)

SPICES

- [ ] Taco seasoning
- [ ] Chili powder
- [ ] Cumin
- [ ] Paprika
- [ ] Thyme
- [ ] Italian seasoning
- [ ] Salt + pepper

DAIRY

- [ ] 8 oz cream cheese
- [ ] 1 cup milk
- [ ] Shredded cheddar
- [ ] Sour cream
- [ ] Parmesan

BREAD

- [ ] Tortillas
- [ ] Burger buns
- [ ] Crusty bread
- [ ] Cornbread (optional)

Recipe Cards

Cut along the lines and keep them in your kitchen.

Salsa Chicken Tacos

Serves 6 | Low 6-7 h or High 3-4 h

- 2 lb boneless skinless chicken breasts
- 1 jar (16 oz) salsa
- 2 tbsp taco seasoning
- Juice of 1 lime

1. Put the chicken in the slow cooker, sprinkle with taco seasoning and pour the salsa over it.
2. Cook until the chicken is tender and reaches 165°F.
3. Shred with two forks, stir in the lime juice and let it soak up the sauce for 10 minutes.

Serve with: tortillas, shredded lettuce, cheddar, sour cream, cilantro

Notes

Easy Beef Chili

Serves 6 | Low 6-8 h or High 3-4 h

- 1 lb ground beef, browned and drained
- 1 onion, diced
- 2 cans (15 oz) kidney or black beans, drained
- 1 can (28 oz) diced tomatoes
- 1 can (15 oz) tomato sauce
- 2 tbsp chili powder, 1 tsp cumin, 1 tsp salt

1. Brown the beef in a skillet first (raw ground meat shouldn't go straight into a slow cooker).
2. Add everything to the slow cooker and stir.
3. Cook, then taste and adjust the salt and chili powder.

Serve with: shredded cheddar, sour cream, green onions, cornbread

Notes

Honey Garlic Chicken

Serves 6 | Low 5-6 h or High 3 h

- 2 lb boneless skinless chicken thighs
- 1/3 cup honey
- 1/3 cup soy sauce
- 2 tbsp ketchup
- 4 garlic cloves, minced
- 1 tbsp cornstarch + 2 tbsp water

1. Whisk honey, soy sauce, ketchup and garlic. Pour over the chicken.
2. Cook until tender. Move the chicken to a plate.
3. Stir the cornstarch slurry into the sauce, cook on High 15 minutes until thick, pour over the chicken.

Serve with: rice, steamed broccoli, green onions

Notes

Vegetable Minestrone

Serves 6 | Low 6-8 h or High 3-4 h

- 1 onion, 2 carrots and 2 celery stalks, diced
- 1 zucchini, diced
- 3 garlic cloves, minced
- 1 can (14.5 oz) diced tomatoes
- 1 can (15 oz) white beans, drained
- 6 cups vegetable broth
- 2 tsp Italian seasoning, salt, pepper
- 1 cup small pasta

1. Add everything except the pasta to the slow cooker.
2. Cook until the vegetables are soft.
3. Stir in the pasta and cook on High for 20-30 more minutes, until tender.

Serve with: crusty bread, grated parmesan

Notes

Recipe Cards

Cut along the lines and keep them in your kitchen.

BBQ Pulled Pork

Serves 8 | Low 8-10 h or High 5-6 h

- 3-4 lb boneless pork shoulder
- 2 tbsp brown sugar, 1 tbsp paprika, 1 tsp salt
- 1 onion, sliced
- 1/2 cup chicken broth
- 1 cup BBQ sauce

1. Rub the pork with sugar, paprika and salt. Put the onion and broth in the slow cooker, pork on top.
2. Cook until the pork falls apart. Drain most of the liquid.
3. Shred the pork and stir in the BBQ sauce.

Serve with: burger buns, coleslaw, pickles

Notes

Classic Beef Stew

Serves 6 | Low 8-9 h or High 4-5 h

- 2 lb beef chuck stew meat
- 1.5 lb potatoes, cubed
- 4 carrots, sliced
- 1 onion, diced
- 3 cups beef broth
- 2 tbsp tomato paste, 1 tsp thyme, salt, pepper
- 2 tbsp cornstarch + 3 tbsp water

1. Put the vegetables in first, then the beef. Whisk broth, tomato paste and spices and pour over.
2. Cook until the beef is fork-tender.
3. Stir in the cornstarch slurry and cook on High 20 minutes to thicken.

Serve with: crusty bread, a green salad

Notes

Loaded Potato Soup

Serves 6 | Low 7-8 h or High 4 h

- 3 lb russet potatoes, peeled and cubed
- 1 onion, diced
- 3 garlic cloves, minced
- 4 cups chicken broth
- 8 oz cream cheese, cubed
- 1 cup milk
- Toppings: cheddar, bacon, green onions

1. Add potatoes, onion, garlic and broth to the slow cooker.
2. Cook until the potatoes are very soft, then mash about half of them right in the pot.
3. Stir in cream cheese and milk until smooth. Top with cheddar, bacon and green onions.

Serve with: toppings bar, crackers or bread

Notes

Slow Cooker Tips

- Thaw meat first. Frozen meat stays too long in the unsafe temperature zone.
- Fill the cooker 1/2 to 2/3 full for even cooking.
- Don't lift the lid: each peek adds about 15-20 minutes.
- Put root vegetables at the bottom, meat on top.
- Chicken is done at 165°F, ground beef at 160°F.
- Add pasta, dairy and fresh herbs at the end.
- Leftovers go in the fridge within 2 hours.

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My Slow Cooker Week

Plan your own crockpot week: write the meal, cook time and what to buy.

Monday	**Meal:** _____ **Low / High:** _____ **Start at:** _____ **Buy:** _____
Tuesday	**Meal:** _____ **Low / High:** _____ **Start at:** _____ **Buy:** _____
Wednesday	**Meal:** _____ **Low / High:** _____ **Start at:** _____ **Buy:** _____
Thursday	**Meal:** _____ **Low / High:** _____ **Start at:** _____ **Buy:** _____
Friday	**Meal:** _____ **Low / High:** _____ **Start at:** _____ **Buy:** _____
Saturday	**Meal:** _____ **Low / High:** _____ **Start at:** _____ **Buy:** _____
Sunday	**Meal:** _____ **Low / High:** _____ **Start at:** _____ **Buy:** _____

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