

LAUREN GREUTMAN

10 EASY SLOW COOKER MEALS for under \$80



10 EASY MEALS FOR THE SLOW COOKER FOR \$80

*by Lauren Greutman
From iamthatlady.com*

Please note that the prices contained in this guide were current as of March 20, 2016 in Central New York ALDI locations. Prices at other locations and at different times will vary. Additionally, meats are sold by weight, and although this guide assumes reasonably sized packages, your local store may not carry that specific weight. As such, I cannot guarantee that your grocery shopping trip will cost less than \$80; it might be less, it might be more.

I am not responsible for the outcome of any recipe you try from this. I've made each recipe personally and find them quite good, but you may not. You may not always achieve the results desired due to variations in ingredients, cooking temperatures, typos, omissions, or individual cooking abilities. Please always use your best judgment when cooking with raw ingredients such as eggs, beef, chicken or fish.

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The Slow Cooker. It has become my best friend. And you won't believe just what it can accomplish until you make the meals in this meal plan. This is truly my favorite collection of slow cooker recipes on the planet. And it's SO EASY to prepare.

The preparation instructions use my proven new technique designed to make preparation as fast as possible. Instead of doing each recipe one at a time, you will use each ingredient one at a time. This means that you will only handle each ingredient once. Here is what is included in this printable pack:

1. Printable Shopping Lists

This shopping list has the specifics of what you will need to purchase at the grocery store. It is divided by typical sections of the store you can find the items and a box to check off each item. This should make your shopping trip as quick and easy as possible (even with kids along).

2. Pantry List

We took a look through our pantry and made a list of all the things most people have in their pantry – that way they don't have to buy it again. If you don't have all of the spices and other items listed you can find them at your store for an additional cost.

3. Detailed Preparation Instructions

Freezer cooking works best when you can batch prepare and get it all done at once. We've gone through and figured out the best way to get it all done ahead of time – so just follow our instructions and you will be all set!

4. Recipe cards for all recipes

All of the recipes are organized and numbered; that way you don't have to flip back and forth between recipes.

Make sure you check out our other meal plans over at iamthatlady.com and as always you can email me any questions that you have at lauren@iamthatlady.com.

Have a great day!

Lauren Greutman

(aka – 'THAT Lady')

CHECK OUT MY OTHER MEAL PLANS!



Slow Cooker "Gourmet" Meal Plan

This is the BEST meal plan I've created... and in my opinion, maybe the best freezer meal plan on the planet. Easy to put together, and the recipes are AMAZING.

And did I mention that these are all freezer "dump" recipes? That means that preparation will be a SNAP. Recipes like:

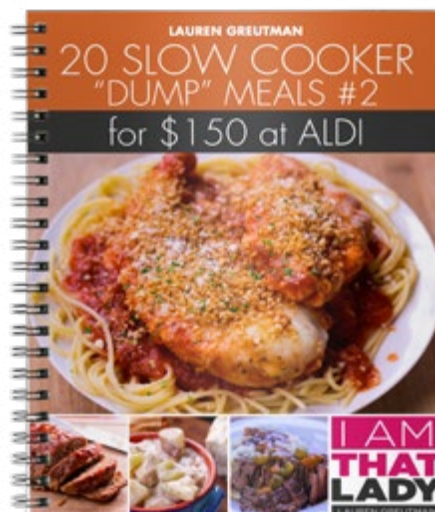
- Pork Loin in Basil Cream Sauce
- Korean Beef Tacos
- Cilantro Lime Chicken
- lots more... Check it out [HERE](#)



Slow Cooker "Dump" Meal Plan

They're all Slow Cooker meals. And they're all "dump" meals – meaning that you will just throw all the ingredients in a freezer bag. So the preparation couldn't be easier. Nothing is pre-cooked – no need to get out any pots or pans or turn on the oven. You will only need some measuring cups and spoons, some freezer bags, and about 90 minutes. For Real. Recipes like:

- Mongolian Beef
- Ribs
- Shredded Cuban Pork
- lots more... Check it out [HERE](#)



Slow Cooker "Comfort Food" Meal Plan

With this ALDI meal plan, you will see just how amazing the crockpot can be with such little effort! This is such a special collection of "comfort food" recipes that will keep everyone in your family coming back for seconds.

And did I mention that these are all freezer "dump" recipes? That means that preparation will be a SNAP. Recipes like:

- Creamy Chicken Stew
- BBQ Pot Roast
- Slow Cooker Chicken Parmesan (trust me, it's amazing)
- lots more... Check it out [HERE](#)

SHOPPING LIST

PANTRY LIST

Quantity	Product
<input type="checkbox"/>	2 *Jiffy Corn Bread Mix 1 box
<input type="checkbox"/>	1 BBQ Sauce, 12 oz
<input type="checkbox"/>	1 Honey, 12 oz
<input type="checkbox"/>	1 *Soy Sauce, 15 oz
<input type="checkbox"/>	1 Tortilla Chips, 13 oz
<input type="checkbox"/>	2 Cheddar Cheese, 8 oz
<input type="checkbox"/>	1 Sour Cream, 1 lb
<input type="checkbox"/>	1 Garlic, jarred 7 oz
<input type="checkbox"/>	1 Green Pepper
<input type="checkbox"/>	3 Onions, medium-sized
<input type="checkbox"/>	1 Boneless Skinless Chicken Breast, 3.0 lb pkg
<input type="checkbox"/>	3 Chicken Thighs, 4 lb pkg
<input type="checkbox"/>	1 Ground Beef 80% Lean, 2.25 lb pkg
<input type="checkbox"/>	2 Top Sirloin Steak, 1.5 lb
<input type="checkbox"/>	4 Black Beans, 15 oz can
<input type="checkbox"/>	4 Crushed Tomatoes, 28 oz
<input type="checkbox"/>	1 *Flour Tortillas, 20 ct
<input type="checkbox"/>	1 Casa Mamita Diced with Green Chilis, 10 oz.
<input type="checkbox"/>	2 Tomato Paste, 6 oz
<input type="checkbox"/>	1 Tomato Sauce, 8 oz
<input type="checkbox"/>	1 White Rice, 3 lb
<input type="checkbox"/>	1 Frozen Green Beans, 16 oz
<input type="checkbox"/>	2 *Pasta - any type, 1 lb
<input type="checkbox"/>	1 Parmesan Cheese, 8 oz
<input type="checkbox"/>	1 *Bread Crumbs, 15 oz.
<input type="checkbox"/>	1 *Italian Bread, 16 oz

* Denotes item containing gluten. Substitute if on a gluten free diet.

Meal Sizes

This meal plan is designed for a family of 4. If your family is larger, smaller, or you have big eaters, small eaters, you may need to adjust your shopping list accordingly.

Tip - if you do need to increase the size of the meals, you can buy slightly larger portions of meat without having to change the other ingredients. For example, instead of buying 2 lb chuck roasts, you could buy 3 lb chuck roasts.

There are ingredients in the recipes not included in the shopping list because they are probably in your kitchen's pantry... but you might not have all of them. Take a look at your pantry to make sure that you have the following:

Spices

- Cornstarch
- Eggs
- Lemon Juice
- Lime Juice
- Sesame Oil
- Sesame Seeds

Total Amount needed

about 1/3 cup
2
6 Tbsp
2 Tbsp
2 Tbsp
2 Tbsp

Other ingredients

- Basil
- Beef Bouillion
- Black Pepper
- Chicken Bouillion
- Chili Powder
- Cumin
- Dried Parsley
- Garlic Powder
- Ground Ginger
- Onion Powder
- Paprika
- Salt

Total Amount needed

1/4 cup
4 cubes
1 tsp
10 cubes
about 2/3 cup
about 3 Tbsp
about 1/3 cup
1/2 tsp
2 tsp
1 tsp
2 Tbsp plus 1/2 tsp
3 Tbsp

You will also need to buy:

- Gallon-size freezer bags (you will need 10)

TASKS & INSTRUCTIONS

On the next several pages, there are a few tables designed to make prep as easy as possible. This meal plan makes use of a new technique - make it so that you only touch each ingredient once.

You will start by labeling 10 freezer bags as follows:

- Label 2 bags: "1: Shredded Beef and Black Bean Chili"
- Label 2 bags: "2: Spaghetti Sauce & Meatballs"
- Label 2 bags: "3: Asian BBQ Fusion Chicken"
- Label 2 bags: "4: Chicken Tacos"
- Label 2 bags: "5: Chicken Tortilla Soup"

Also get out a medium or large sized mixing bowl to prepare the meatballs.

Fill each bag (with the exception of the meatballs) with ingredients using the tables on the next 4 pages as follows:

Spices

1. Start with This Ingredient →

3. After you are done with the ingredient, continue with the next ingredient to the right. →

2. Going down the column, add the noted amount to each bag or bowl (2 per recipe).

		Basil	Beef Boullion	Black Pepper	Chicken Boullion	Chili Powder	Cumin	Dried Parsley	Salt	Garlic Powder	Onion Powder	Ground Ginger
Bag 1	Black Bean Chili						1 tsp	1 tsp	1/2 tsp			
Bag 2	Slow Cooker Meatballs (Bag)	Tbsp										
*Mixing Bowl	Slow Cooker Meatballs (Bowl)	Tbsp						2 Tbsp (add once)	2 tsp (add once)			
Bag 3	Asian BBQ Fusion Chicken					1/4 tsp					1/4 tsp	1 t
Bag 4	Chicken Tacos				1 cube	1 Tbsp	2 tsp		1/2 tsp	1/4 tsp	1/4 tsp	
	Chicken											

TASKS & INSTRUCTIONS - TABLE 1

(AMOUNTS IN THE TABLE BELOW ARE TO BE ADDED TO EACH BAG*. I.E. YOU WILL NEED TO ADD THE AMOUNT TWICE)
 *THE MEATBALLS WILL BE ASSEMBLED IN ONE LARGE MIXING BOWL. ADD ITEMS INTO THE BOWL ONLY ONCE.

Veggies

	Black Beans	Green Peppers	Onions	Garlic, jarred	Diced Tomatoes with green chilis
Initial Steps	Open cans and rinse	Dice one green pepper	Dice 3 onions		
Bag 1	1 1/2 cans	1/2, diced	1, diced	2 tsp	
Bag 2				2 tsp	
* Mixing Bowl				2 Tbsp (add once)	
Bag 3				1 Tbsp	
Bag 4					
Bag 5	1/2 can		1/2, diced	2 tsp	1/2 can

TASKS & INSTRUCTIONS - TABLE 2

(AMOUNTS IN THE TABLE BELOW ARE TO BE ADDED TO EACH BAG*. I.E. YOU WILL NEED TO ADD THE AMOUNT TWICE)
 *THE MEATBALLS WILL BE ASSEMBLED IN ONE LARGE MIXING BOWL. ADD ITEMS INTO THE BOWL ONLY ONCE.

Spices

	Basil	Beef Bouillion	Black Pepper	Chicken Bouillion	Chili Powder	Cumin	Dried Parsley	Salt	Garlic Powder	Onion Powder	Ground Ginger	Paprika
Bag 1		2 cubes			3 Tbsp	1 tsp	1 tsp	1/2 tsp				
Bag 2	1 Tbsp		1/4 tsp									
* Mixing Bowl	2 Tbsp (add once)		1/2 tsp (add once)				2 Tbsp (add once)	2 tsp (add once)				
Bag 3					1/4 tsp					1/4 tsp	1 tsp	1/4 tsp
Bag 4				1 cube	1 Tbsp	2 tsp		1/2 tsp	1/4 tsp	1/4 tsp		
Bag 5				4 cubes	1 Tbsp	2 tsp		1 1/2 tsp				1 Tbsp

TASKS & INSTRUCTIONS - TABLE 3

(AMOUNTS IN THE TABLE BELOW ARE TO BE ADDED TO EACH BAG*. I.E. YOU WILL NEED TO ADD THE AMOUNT TWICE)
 *THE MEATBALLS WILL BE ASSEMBLED IN ONE LARGE MIXING BOWL. ADD ITEMS INTO THE BOWL ONLY ONCE.

Misc

	Bread Crumbs	Eggs	Parmesan Cheese
Initial Steps		Beat 2 eggs	
Bag 1 Black Bean Chili			
Bag 2 Slow Cooker Meatballs (Bag)			
* Mixing Bowl Slow Cooker Meatballs (Bowl)	2/3 cup (add once)	2 eggs (add once)	1 cup (add once)
Bag 3 Asian BBQ Fusion Chicken			
Bag 4 Chicken Tacos			
Bag 5 Chicken Tortilla Soup			

TASKS & INSTRUCTIONS - TABLE 4

(AMOUNTS IN THE TABLE BELOW ARE TO BE ADDED TO EACH BAG*. I.E. YOU WILL NEED TO ADD THE AMOUNT TWICE)
 *THE MEATBALLS WILL BE ASSEMBLED IN ONE LARGE MIXING BOWL. ADD ITEMS INTO THE BOWL ONLY ONCE.

Meat

	Chicken Breast, 3 lbs.	Top Sirloin Steak, 1.5 lbs	Chicken Thighs, 8 pack	Ground Beef 80% Lean, 2.25 lb pkg
Initial Steps			Remove skin	
Bag 1	Black Bean Chili	1 package		
Bag 2	Slow Cooker Meatballs (Bag)			
*Mixing Bowl	Slow Cooker Meatballs (Bowl)			1 package
Bag 3	Asian BBQ Fusion Chicken		6 thighs	
Bag 4	Chicken Tacos	Half of 1 package		
Bag 5	Chicken Tortilla Soup		6 thighs	

TASKS & INSTRUCTIONS - TABLE 5

(AMOUNTS IN THE TABLE BELOW ARE TO BE ADDED TO EACH BAG*. I.E. YOU WILL NEED TO ADD THE AMOUNT TWICE)
 *THE MEATBALLS WILL BE ASSEMBLED IN ONE LARGE MIXING BOWL. ADD ITEMS INTO THE BOWL ONLY ONCE.

Liquids

	BBQ Sauce	Sesame Oil	Crushed Tomatoes	Honey	Lemon Juice	Soy Sauce	Tomato Paste	Tomato Sauce Can, 8 oz	Lime Juice
Bag 1							1 can		
Bag 2			2 cans						
* Mixing Bowl									
Bag 3	1/2 cup	1 Tbsp		1/4 cup	3 Tbsp	1/3 cup		1/2 can	
Bag 4									
Bag 5									1 Tbsp (or juice from 1 lime)

Using your hands, thoroughly mix together the ingredients in the mixing bowl. Shape into golf ball-sized balls and then evenly divide and place into bags 2.

RECIPE 1

SHREDDED BEEF AND BLACK BEAN CHILI



SHOPPING LIST INGREDIENTS

- 1.5 lbs top sirloin
- 1 onion, diced
- 1/2 green pepper, diced
- 1 1/2 15 oz can black beans, rinsed
- 1 6 oz can tomato paste
- 2 tsp (or 2 cloves) minced garlic

PANTRY INGREDIENTS

- 2 beef bouillon cubes
- 3 Tbsp chili powder
- 1 tsp cumin
- 1 tsp parsley
- 1/2 tsp salt
- 2 1/2 cups water

PREPARATION INSTRUCTIONS:

1. Combine all ingredients in a freezer bag.
2. Zip the bags closed and refrigerate or freeze.

TO COOK:

1. Thaw in refrigerator the night before or the morning you plan to cook.
2. Place in slow cooker and add 2 1/2 cups of water.
3. Cook for 4 hours on high, 6 hours on medium, or 8 hours on low.
4. Shred beef.

Serve over rice with cornbread and top with shredded cheese.

RECIPE 2

CHICKEN TACOS



SHOPPING LIST INGREDIENTS

- 1.5 lb boneless skinless chicken breasts
- Flour tortillas (6 - 10)
- 4 oz. cheddar cheese, shredded (optional)
- Sour cream (optional)

PANTRY INGREDIENTS

- 1 Tbsp chili powder
- 2 tsp cumin
- 1/2 tsp salt
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1 chicken bouillon cube
- 1/2 cup water

PREPARATION INSTRUCTIONS:

1. Place all ingredients (except the tortillas, cheese and sour cream) in a freezer bag.
2. Zip the bags closed and refrigerate or freeze.

TO COOK:

1. Thaw in the refrigerator the night before or the morning you plan to cook.
2. Place contents of bag in the bottom of the slow cooker and add 1/2 cup water.
3. Cook on high for 4 hours (or low for 8, medium for 6).
4. Shred with forks or a potato masher.
5. Serve in tortillas and top with cheese and sour cream.

Serve with white rice.

RECIPE 3

ASIAN-BBQ FUSION CHICKEN



SHOPPING LIST INGREDIENTS

- 6 chicken thighs, skin removed.
- 3 cloves garlic, minced or pressed (or 1 Tbsp minced jarred garlic)
- 1 jalapeno, seeded and minced
- 1/3 cup soy sauce
- 1/4 cup honey
- Juice from 1 lemon (or 3 Tbsp lemon juice)
- Lemon zest (if using a fresh lemon)
- 1/2 cup BBQ sauce
- 1/2 cup tomato sauce

PANTRY INGREDIENTS

- 1/4 tsp paprika
- 1/4 tsp onion powder
- 1/4 tsp chili powder
- 1 Tbsp sesame oil
- 1 Tbsp minced fresh ginger (or 1 tsp dried ground ginger)
- Toasted sesame seeds
- 1 Tbsp cornstarch
- 1/4 cup cold water

PREPARATION INSTRUCTIONS:

1. Place all of the ingredients in the slow cooker or freezer bag except for the water and corn starch.
2. Zip the bags closed and refrigerate or freeze.

TO COOK:

3. Cook on high for 4 hours (or medium for 6, low for 8)
4. When it's close to serving time, cook rice.
5. In a small sauce pan, whisk the cold water with the cornstarch until well blended.
6. Add about 1/2 cup of the liquid from the slow cooker to the sauce pan and whisk.
7. Heat over medium heat until it bubbles and thickens.
8. Mix the thickened liquid back into the slow cooker and stir. Let it cook for another 10 minutes.

Serve chicken over rice. Top with some of the sauce and then some sesame seeds.

RECIPE 4

CHICKEN TORTILLA SOUP



SHOPPING LIST INGREDIENTS

- 4 boneless skinless chicken thighs
- 1/2 onion, diced
- 3/4 cup black beans, rinsed (about half of a 15 oz can)
- 1/2 cup diced tomatoes with green chilis
- 2 cloves garlic, minced or pressed

PANTRY INGREDIENTS

- 1 Tbsp chili powder
- 2 tsp cumin
- 1 Tbsp paprika
- 1 1/2 tsp salt
- Juice from 1 lime
- 4 chicken bouillon cubes + 4 cups water (or 4 cups chicken broth)
- 1/4 cup all-purpose flour + 1 cup water
- 3 Tbsp corn starch + 1/4 cup water

PREPARATION INSTRUCTIONS:

1. Combine chicken, beans, tomatoes/chilis, lime juice, onion, garlic and spices in a freezer bag.
2. Zip the bags closed and refrigerate or freeze.

TO COOK:

3. Thaw in the refrigerator the night before you plan to cook.
4. Add contents of the bag along with 4 cups of water to the slow cooker.
5. Whisk flour in a bowl with 1 cup of water, then add it to the slow cooker.
6. Cook on high for 4 hours (or medium for 6, low for 8) *To cook on the stove top, add an additional half cup of water, and simmer for an hour over low heat.
7. Shred chicken.
8. In a small sauce pan, whisk 3 Tbsp of cornstarch with 1/4 cup of water.
9. Once it's nicely mixed, add 1 cup of the liquid from the soup to the sauce pan and heat over medium heat. Once it starts to bubble, it will thicken right up very quickly.
10. Add it back to the soup and mix it in well with a spoon or the whisk.

Serve with crushed tortilla chips, green onions and sour cream.

RECIPE **5**

SPAGHETTI & MEATBALLS



SHOPPING LIST INGREDIENTS

- 2 28 oz cans of crushed tomatoes
- 1 lb 80/20 ground beef
- 1/2 cup Parmesan cheese
- 5 cloves of garlic, pressed or minced (2 for the sauce, 3 for the meatballs)

PANTRY INGREDIENTS

- 1/3 cup breadcrumbs
- 2 Tbsp dried basil (1 for the sauce, 1 for the meatballs)
- 2 Tbsp dried parsley
- 1 tsp salt
- 1/2 tsp black pepper (1/4 tsp for the sauce, 1/4 tsp for the meatballs)
- 1 egg

PREPARATION INSTRUCTIONS:

1. Combine crushed tomatoes, 2 minced cloves of garlic, 1 Tbsp of basil and 1/4 tsp of black pepper in a freezer bag.
2. In a bowl, combine everything else.
3. Using your hands, mix the meat with the ingredients.
4. Form into golf-ball sized balls.
5. Carefully add the meatballs to the bag of sauce.
6. Zip the bag closed and refrigerate or freeze.

TO COOK:

1. Thaw in refrigerator the day before you plan to cook.
2. Cook on high for 4 hours (or medium for 6 hours or low for 8 hours.)

Serve over pasta with Italian bread.

