



CROCK COOKER

CLUB

12 volumes!

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Welcome to the Crock Cooker Club!

You may know it as Crock Pot® or Slow Cooker...either way this little kitchen tool is a lifesaver! We all know one of the key secrets to keeping our family happy is planning. What better way to plan “what’s for dinner” than by having your Crock Cooker do the work for you all day long!

Each month, you will receive 10 brand spankin’ new recipes (broken out into 2 menus of 5 recipes each – because there are just so many days in the week). As always, we’ve included shopping lists, serving suggestions and nutritional information leaving you with absolutely no guesswork!

Before we get started, below are a few Crock Cooker tips to ensure a successful meal every time!

- 1) Please note that these recipes will be best prepared in 3.5 to 5 quart slow cooker.
- 2) Please remember that newer slow cooker appliances cook hotter and faster than their counterparts from 20 years ago. This is an important fact to remember when timing your meals. If using a newer slow cooker, you may need to slightly increase the moisture content in your appliance, decrease the cooking time or both.
- 3) Cooking time will also vary depending on the temperature of the ingredients when they are placed into the slow cooker. Thawed chicken breasts will take a shorter amount of time to cook than frozen chicken breasts.
- 4) For best results most slow cooker manufacturers recommend that the appliance be one-half to three-quarters full. Consult your instruction booklet to get the most from your machine.
- 5) To avoid dairy products from curdling, add these ingredients during the last half hour to hour of cooking time.
- 6) Remember that every time you remove the lid from your slow cooker, it will lose heat and add about 20 to 30 minutes to your cooking time. When adding pasta or dairy products during the final steps of the recipe, do this as quickly as possible to avoid excessive heat loss.
- 7) Keep the size of your food consistent when chopping ingredients for use in a slow cooker. If your carrots or potatoes vary too much in size, you’ll end up with vegetables that are over-cooked and mushy, under-cooked and crunchy or both. Place veggies on the bottom to cook better.
- 8) Meat does not brown when cooked in a slow cooker. It is not necessary to brown meat before cooking it in a slow cooker, but it does improve the look, flavor and texture of the meal immensely. Most of our recipes will have you browning the meat, but you don’t need to if you prefer not to.
- 9) The slow cooker is wonderful for taking a tough piece of meat and making it tender and juicy. Therefore, the leaner the cut of meat the less time it will take to cook. If you are using a very lean or very tender cut of meat, decrease the amount of cooking time by about an hour.
- 10) Preparing food in high altitudes will require a longer cooking time.
- 11) The crockery liners of slow cookers are sensitive to sudden or drastic temperature change. Do not preheat your slow cooker. Do not add a cold crock liner straight from the refrigerator to hot slow cooker casing. If you wish to prep your meal the night before, do not place ingredients in the slow cooker liner and store in the fridge. Prep and store in a plastic re-sealable plastic bag or in a covered dish. In the morning, transfer ingredients to a room temperature slow cooker liner.
- 12) No two crock cookers are the same. Get to know your slow cooker. Read the manual. Make adjustments as needed based on your knowledge of your appliance. Check our recipes against the recipes in your manual. Are the portions approximately the same or much different? Adjust the recipe according to the size of the crock pot if necessary. This isn’t an exact science, but the food does need to fit the cooker!

SAVING DINNER

with



Crock Cooker Club Volume 1

The Menus, Recipes and Instructions for
10 Delicious Crock Cooker Meals
to Bring Your Family Back to the Dinner Table

Crock Cooker Club Volume 1 – Shopping List

Day 1: Sweet Potatoes with Sweet and Tangy Pineapple Chicken

Day 2: Crock Cooker Italian Meatball Sandwiches

Day 3: Crock Cooker Asian Pork Roast

Day 4: Easy Taco Soup

Day 5: Crock Cooker Curried Vegetarian Chickpea Stew

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

2 1/2 pounds 95% lean ground beef [D2,D4]

1 (2 1/2-lb.) boneless pork shoulder roast [D3]

1 1/2 pounds boneless skinless chicken breast meat [D1]

CONDIMENTS

Olive oil [D3,D5]

Balsamic vinegar [D2]

Cider vinegar [D1]

Rice wine vinegar [D3]

Yellow mustard [D2]

Ketchup (1/3 cup) [D1]

Low sodium soy sauce [D3]

Honey, preferably local [D1]

Molasses [D3]

**Red wine vinaigrette [D2]

**Salad dressing(s) (your choice) [D4,D5]

CANNED GOODS

Low sodium chicken broth (2 cups) [D1,D4]

Low sodium vegetable broth (2 cups) [D3]

Diced tomatoes (36 ounces) [D5]

2 (10-oz.) cans diced tomatoes with green chilies [D4]

Tomato sauce (24 ounces) [D2,D4]

Tomato paste (1 1/2 tablespoons) [D2]

1 (15-oz.) can black beans [D4]

1 (15-oz.) can kidney beans [D4]

3 (15-oz.) cans chickpeas [D5]

1 (15-oz.) can whole kernel corn [D4]

1 (8-oz.) can crushed pineapple [D1]

SPICES

Sea salt [D2,D5]

Black peppercorns [D2]

Dry mustard [D1]

Herbes de Provence [D2]

Sesame seeds [D3]

Crushed red pepper flakes [D3]

Ground cumin [D4,D5]

Chili powder [D4]

Chipotle chili powder [D4]

Ground coriander [D5]

Turmeric [D5]

Garam masala OR sweet curry powder [D5]

DAIRY/DAIRY CASE

Eggs (1) [D2]

Cheddar cheese (1 cup shredded) [D4]

6 (1-oz.) slices Provolone cheese [D2]

**Butter, unsalted [D4]

PRODUCE

Onions (1 cup diced) [D2]

Yellow onions (1 cup chopped plus 1 1/4 cups diced) [D1,D4,D5]

Garlic (9 cloves) [D1,D2,D3,D4,D5]

Green onions (2 tablespoons sliced) [D3]

Sweet potatoes (3 cups cubed) [D1]

Green bell peppers (1 1/2 cups sliced plus 1/3 cup chopped) [D2,D5]

Gingerroot (1 1/2 tablespoons plus 1/2 teaspoon grated) [D1,D5]

**Broccoli [D1]

**Zucchini, yellow squash and snow peas [D3]

**Red onion [D2]

**Cherry tomatoes [D2]

**Spinach [D5]

**Mixed baby greens [D2]

**Lettuce (not Iceberg, no nutrition) [D4]

**Salad veggies (your choice) [D4]

DRY GOODS

Cornstarch [D3]

Brown sugar [D2]

Dark brown sugar [D1]

Dry bread crumbs (1/2 cup) [D2]

Baked tortilla chips (2 cups crushed) [D4]

**Brown rice [D3]

BAKERY

6 hoagie buns [D2]

**Corn muffins [D4]

**Sesame bread sticks [D5]

OTHER

Large zipper-topped plastic bags [D3]

GLUTEN FREE

Vinegars [D1,D2,D3]

Mustard [D2]

Ketchup [D1]

Soy sauce [D3]

Molasses [D3]

Chicken broth [D1,D4]

Vegetable broth [D3]

Canned tomatoes [D4,D5]

Tomato paste [D2]

Tomato sauce [D2,D4]

Canned black beans [D4]

Canned kidney beans [D4]

Canned chickpeas [D5]

Canned corn [D4]

Canned pineapple [D1]

Garam masala OR sweet curry powder [D5]

Arrowroot starch [D3]

Tortilla chips [D4]

Bread crumbs OR bread [D2]

Buns [D2]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.



Sweet Potatoes with Sweet and Tangy Pineapple Chicken

Day 1 – Serves 6

INGREDIENTS:

3 cups peeled and cubed sweet potatoes
1 (8-oz.) can crushed pineapple, un-drained
1/2 cup low sodium chicken broth
1/4 cup diced yellow onion
1/2 teaspoon freshly grated gingerroot
1/3 cup ketchup

3 tablespoons dark brown sugar
1 clove garlic, pressed
2 tablespoons cider vinegar
2 tablespoons honey, preferably local
1/2 teaspoon dry mustard
1 1/2 pounds boneless skinless chicken breast meat, cubed



INSTRUCTIONS:

In a crock cooker, combine first 5 ingredients (sweet potatoes through gingerroot); blend well. In a large bowl with a tight-fitting lid, whisk together ketchup, brown sugar, garlic, vinegar, honey, and dry mustard until brown sugar is dissolved. Add cubed chicken, cover tightly and shake to coat generously with sauce. Arrange coated chicken in a single layer over the sweet potato/pineapple mixture in the crock cooker, overlapping if necessary. Pour any remaining sauce mixture over the chicken. Cover and cook on LOW for 6 to 8 hours or until chicken is cooked through and sweet potatoes are tender.

NUTRITION per serving: 287 Calories; 2g Fat; 29g Protein; 39g Carbohydrate; 3g Dietary Fiber; 66mg Cholesterol; 287mg Sodium. **Exchanges:** 1 Grain(Starch); 4 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 1 Other Carbohydrates. **Points:** 7

SERVING SUGGESTION: Serve steamed broccoli spears on the side.

GLUTEN FREE: Make sure canned pineapple, chicken broth, ketchup and vinegar are gluten free.

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Crock Cooker Italian Meatball Sandwiches

Day 2 – Serves 6

INGREDIENTS:

1 1/2 pounds 95% lean ground beef
1 egg, beaten
1/2 cup dry bread crumbs
1 1/2 tablespoons tomato paste
1/2 cup diced onion, divided
1/2 teaspoon herbes de Provence
1/4 teaspoon sea salt
1/8 teaspoon freshly ground black pepper
2 cups tomato sauce

1 tablespoon herbes de Provence
1/3 cup chopped green bell pepper
1/2 cup diced onion
1 1/2 tablespoons packed brown sugar
1 tablespoon yellow mustard
2 cloves garlic, pressed
3 tablespoons balsamic vinegar
6 hoagie buns, split and toasted
6 (1-oz.) slices Provolone cheese



INSTRUCTIONS:

In a large bowl, combine first 8 ingredients (ground beef through black pepper); blend well then form into meatballs (roughly 1 inch in diameter). In a crock cooker, combine the next 8 ingredients (tomato sauce through balsamic vinegar); blend well then add meatballs. Cover and cook on LOW for 6 to 8 hours. Serve meatballs and a little sauce in toasted hoagie buns and top each with a slice of Provolone cheese.

NUTRITION per serving: 580 Calories; 14g Fat; 25g Protein; 35g Carbohydrate; 3g Dietary Fiber; 86mg Cholesterol; 1160mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates. **Points:** 9

SERVING SUGGESTION: A big salad of mixed baby greens, sliced red onion and halved cherry tomatoes, tossed with red wine vinaigrette.

GLUTEN FREE: Use gluten free bread crumbs or make your own with gluten free bread. Make sure tomato paste, tomato sauce, mustard and vinegar are gluten free. Use gluten free buns.

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Crock Cooker Club – Volume 1

DO-AHEAD TIP: Marinate pork overnight (see recipe).

Crock Cooker Asian Pork Roast

Day 3 – Serves 6

INGREDIENTS:

1 (2 1/2-lb.) boneless pork shoulder roast	1/4 cup rice wine vinegar
2 tablespoons olive oil	2 tablespoons sliced green onions
2 cups low sodium vegetable broth	1 clove garlic, pressed
1/2 cup low sodium soy sauce	1 teaspoon crushed red pepper flakes
2 tablespoons sesame seeds	3 tablespoons cornstarch
2 tablespoons molasses	1/4 cup cold water



INSTRUCTIONS:

Cut roast in half and place it in a large zipper-topped plastic bag; set aside. In a small bowl, whisk together next 9 ingredients (oil through crushed red pepper flakes). Pour half of this marinade over the roast; seal the bag and smooch everything around to coat the pork well; refrigerate overnight. Place remaining marinade in an airtight container and refrigerate. Drain pork, discarding marinade and plastic bag. Place roast in a crock cooker and pour reserved marinade on top. Cover and cook on LOW for 6 to 8 hours or until roast is fork-tender. Transfer roast to a cutting board and keep warm. In a cup, combine cornstarch and cold water until smooth; stir into crock cooker juices. Raise heat control to HIGH, cover and cook for 10 minutes or until sauce reaches desired consistency. Serve sliced pork roast topped with sauce.

NUTRITION per serving: 457 Calories; 32g Fat; 30g Protein; 13g Carbohydrate; 2g Dietary Fiber; 101mg Cholesterol; 1069mg Sodium. **Exchanges:** 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 4 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 12

SERVING SUGGESTION: Brown rice and stir-fried zucchini, yellow squash and snow peas.

GLUTEN FREE: Make sure vegetable broth, soy sauce, molasses and vinegar are gluten free. Use arrowroot starch instead of cornstarch.

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Easy Taco Soup

Day 4 - Serves 6

INGREDIENTS:

1 pound 95% lean ground beef	1 (15-oz.) can kidney beans, drained and rinsed
2 tablespoons chili powder	1 (15-oz.) can whole kernel corn, drained
2 cloves garlic, pressed	1 (8-oz.) can tomato sauce
1 teaspoon ground cumin	1 1/2 cups low sodium chicken broth
1/2 teaspoon chipotle chili powder	2 (10-oz.) cans diced tomatoes with green chilies, un-drained
1 cup chopped yellow onion	1 cup shredded Cheddar cheese
1 (15-oz.) can black beans, drained and rinsed	2 cups crushed baked tortilla chips



INSTRUCTIONS:

In a medium skillet, brown ground beef with chili powder, garlic, cumin and chipotle chili powder over medium heat; drain and transfer mixture to a crock cooker. Add onion, beans, corn, tomato sauce, broth and tomatoes; stir to blend well. Cover and cook on LOW for 4 to 6 hours. Serve in bowls topped with shredded cheese and crushed tortilla chips.

NUTRITION per serving: 585 Calories; 11g Fat; 28g Protein; 61g Carbohydrate; 12g Dietary Fiber; 40mg Cholesterol; 1660mg Sodium. **Exchanges:** 3 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fat. **Points:** 11

SERVING SUGGESTION: A big salad and some warm, buttered corn muffins.

GLUTEN FREE: Make sure beans, corn, tomato sauce, chicken broth and tomatoes are gluten free. Use gluten free tortilla chips.

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Crock Cooker Curried Vegetarian Chickpea Stew

Day 5 - Serves 6

INGREDIENTS:

2 tablespoons olive oil

1 cup diced yellow onion

1 1/2 cups sliced green bell pepper

3 cloves garlic, pressed

1 1/2 tablespoons grated fresh gingerroot

1 1/2 teaspoons ground cumin

1 1/2 teaspoons ground coriander

1 1/2 teaspoons turmeric

1 1/2 teaspoons sea salt

3 (15-oz.) can chickpeas, drained and rinsed

36 ounces canned diced tomatoes, un-drained

1 1/2 teaspoons garam masala OR sweet curry powder



INSTRUCTIONS:

Heat the oil in a large skillet over medium heat. Add onion and bell pepper and sauté for 2 to 3 minutes or until onion is translucent. Add garlic and gingerroot; cook and stir for 1 minute. Transfer mixture to a slow cooker; add remaining ingredients, except garam masala. Cover and cook on LOW for 6 to 8 hours. Before serving, stir in garam masala (or curry powder); simmer for 5 minutes and serve.

NUTRITION per serving: 366 Calories; 7g Fat; 14g Protein; 63g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 1690mg Sodium. **Exchanges:** 3 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 1/2 Fat. **Points:** 9

SERVING SUGGESTION: Serve a big spinach salad and some sesame bread sticks on the side.

GLUTEN FREE: Make sure chickpeas, tomatoes and garam masala (or curry powder) are gluten free.

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Crock Cooker Club Volume 1 – Shopping List

Day 1: Easy Crock Cooker Cassoulet
Day 2: Sweet and Spicy Tex Mex Style Boneless Short Ribs
Day 3: Kielbasa and Sauerkraut Ale Sandwiches
Day 4: Crock Cooker Creamy Chicken with Broccoli
Day 5: Chinese Pepper Steak

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

2 pounds boneless beef short ribs [D2]
2 pounds beef sirloin steak [D5]
8 ounces ham [D1]
1 1/2 pounds kielbasa [D3]
1 1/2 pounds boneless skinless chicken breast meat [D1]
6 (6-oz.) boneless skinless chicken breast halves [D4]

DELI

1 1/2 pounds sauerkraut [D3]

CONDIMENTS

Olive oil [D5]
Dijon mustard [D3]
Low sodium soy sauce [D5]
Molasses (optional) [D1]
Honey, preferably local [D3]
**Rice vinegar [D3]
**Low fat mayonnaise [D3]
**Salad dressing (your choice) [D2]
**Whole black olives [D1]

CANNED GOODS

Low sodium chicken broth (1 1/4 cups plus 3 cups if not using light beer) [D1,D3,D4]
Low sodium beef broth (1/4 cup) [D5]
2 (10-oz.) cans diced tomatoes with green chilies [D2]
1 (14.5-oz.) can stewed tomatoes [D5]
1 (8-oz.) can tomato sauce [D1]
1 (15-oz.) can navy beans [D1]

SPICES

Sea salt [D1,D4,D5]
Black peppercorns [D1,D4,D5]
Chili powder [D2]
Dry mustard [D1]
Ground cumin [D2]
Basil [D4]

DRY GOODS

Flour [D2]
Cornstarch [D5]
Dark brown sugar [D1]
Light brown sugar [D2,D5]
**Brown rice [D5]

PRODUCE

Onions (1 1/2 cups chopped plus 2 cups diced) [D1,D2,D5]
Red onions (1 cup diced) [D3]
Garlic (10 cloves) **Additional [D1,D2,D3,D4,D5]
Celery (1/2 cup chopped) **Additional [D1]
Carrots (1 cup sliced) [D1]
Green bell peppers (1 1/2 cups diced) [D5]
Jalapenos (1) (optional) [D2]
**Red potatoes [D4]
**Baby carrots [D1,D3]
**Asparagus [D4]
**Grape tomatoes [D1]
**Coleslaw mix [D3]
**Baby spinach [D5]
**Lettuce (not Iceberg, no nutrition) [D2]
**Salad veggies (your choice) [D2]

DAIRY/DAIRY CASE

Low fat milk (1 cup) [D4]
Low fat sour cream (1/2 cup) [D4]
1 (8-oz.) package cream cheese [D4]
**Butter, unsalted [D1,D2]

FREEZER

Broccoli florets (4 cups) [D4]

BAKERY

6 hoagie buns [D3]
**Crusty bread [D1]
**Corn muffins [D2]

OTHER

Light beer (3 cups) (or use low sodium chicken broth) [D3]

GLUTEN FREE

Ham [D1]
Kielbasa [D3]
Mustard [D3]
Soy sauce [D5]
Molasses (if using) [D1]
Sauerkraut [D3]
Chicken broth [D1,D3,D4]
Beef broth [D5]
Canned tomatoes [D2,D5]
Tomato sauce [D1]
Canned navy beans [D1]
Flour [D2]
Arrowroot starch [D5]
Buns [D3]



[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Easy Crock Cooker Cassoulet

Day 1 – Serves 6

INGREDIENTS:

1 1/2 pounds boneless skinless chicken breast meat, cubed	1 (8-oz.) can tomato sauce
8 ounces ham, cubed	2 tablespoons molasses (optional)
1 cup sliced carrot	1/4 cup dark brown sugar
1 cup chopped onion	1/2 teaspoon sea salt
1/2 cup chopped celery	1 clove garlic, pressed
1 (15-oz.) can navy beans, drained	1 tablespoon dry mustard
1/4 cup low sodium chicken broth	1/4 teaspoon freshly ground black pepper



INSTRUCTIONS:

Combine all ingredients in a crock cooker. Cover and cook on LOW for 6 to 8 hours or until chicken is cooked through and veggies are tender.

NUTRITION per serving: 346 Calories; 6g Fat; 40g Protein; 32g Carbohydrate; 5g Dietary Fiber; 87mg Cholesterol; 1316mg Sodium. **Exchanges:** 1 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 8

SERVING SUGGESTION: A relish tray of baby carrots, celery sticks, grape tomatoes and whole black olives; add some crusty bread and butter.

GLUTEN FREE: Make sure ham, canned beans, broth, tomato sauce and molasses are gluten free.

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Sweet and Spicy Tex Mex Style Boneless Short Ribs

Day 2 – Serves 6

INGREDIENTS:

2 pounds boneless beef short ribs, cut into serving-sized pieces	2 (10-oz.) cans tomatoes with green chilies, un-drained
2 cups diced onion	1 jalapeno, de-seeded and chopped (optional)
1 tablespoon chili powder	2 tablespoons light brown sugar
1 teaspoon ground cumin	2 tablespoons flour
3 cloves garlic, pressed	2 tablespoons water



INSTRUCTIONS:

Place short ribs in a crock cooker; top with onion, chili powder, cumin, garlic and tomatoes; stir well to combine. Add jalapeno and brown sugar; stir again. Cover and cook on LOW for 6 to 8 hours or until beef easily pulls apart with a fork. In a cup, blend together flour and water to a smooth paste (no lumps!); stir into sauce until well blended. Raise slow cooker heat control to HIGH; cover and simmer for 10 minutes or until sauce reaches desired consistency.

NUTRITION per serving: 376 Calories; 19g Fat; 37g Protein; 14g Carbohydrate; 2g Dietary Fiber; 88mg Cholesterol; 462mg Sodium. **Exchanges:** 0 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates. **Points:** 10

SERVING SUGGESTION: A big salad and some warmed, buttered corn muffins.

GLUTEN FREE: Make sure canned tomatoes are gluten free and use gluten free flour.

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Kielbasa and Sauerkraut Ale Sandwiches

Day 3 – Serves 6

INGREDIENTS:

1 1/2 pounds kielbasa, cut into 1 inch pieces
1 1/2 pounds sauerkraut, well drained and rinsed
1 cup diced red onion
1 1/2 teaspoons honey, preferably local

1 1/2 tablespoons Dijon mustard
3 cloves garlic, pressed
3 cups light beer, or use low sodium chicken broth
6 hoagie buns, split and lightly toasted



INSTRUCTIONS:

Place first 6 ingredients (kielbasa through garlic) in a crock cooker; stir until well combined. Add beer (or broth). Cover and cook on LOW for 6 to 8 hours. Using a slotted spoon, fill hoagies with kielbasa/sauerkraut mixture; serve.

NUTRITION per serving: 512 Calories; 33g Fat; 19g Protein; 28g Carbohydrate; 4g Dietary Fiber; 76mg Cholesterol; 2171mg Sodium. **Exchanges:** 1 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates. **Points:** 13

SERVING SUGGESTION: A big bowl of coleslaw (use a ready-made mix and toss with low fat mayo and a little rice vinegar); add a bowl of raw baby carrots.

GLUTEN FREE: Make sure kielbasa, sauerkraut, mustard and beer (or broth) are gluten free. Use gluten free buns.

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Crock Cooker Creamy Chicken with Broccoli

Day 4 - Serves 6

INGREDIENTS:

6 (6-oz.) boneless skinless chicken breast halves
4 cups frozen broccoli florets
1 (8-oz.) package cream cheese, cubed
1 cup low sodium chicken broth
2 teaspoons sea salt

1 teaspoon freshly ground black pepper
2 teaspoons dried basil
1 clove garlic, pressed
1 cup low fat milk
1/2 cup low fat sour cream



INSTRUCTIONS:

Place chicken in a crock cooker; top with broccoli florets and cream cheese cubes. Add broth, salt, pepper, basil and garlic. Cover and cook on LOW for 6 to 8 hours - BUT, check before the end of the cooking time to be sure chicken hasn't become too dry. In a small bowl, combine milk and sour cream; stir into crock cooker about 45 minutes before serving.

NUTRITION per serving: 385 Calories; 17g Fat; 48g Protein; 9g Carbohydrate; 2g Dietary Fiber; 146mg Cholesterol; 992mg Sodium. **Exchanges:** 0 Grain(Starch); 6 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates. **Points:** 10

SERVING SUGGESTION: Steamed red potatoes and steamed asparagus.

GLUTEN FREE: Make sure chicken broth is gluten free.

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Chinese Pepper Steak

Day 5 - Serves 6

INGREDIENTS:

3 tablespoons olive oil	1 1/2 cups diced green bell pepper
2 pounds beef sirloin steak, trimmed and cut into 2-inch strips	1 (14.5-oz.) can stewed tomatoes, undrained
1 tablespoon cornstarch	3 tablespoons low sodium soy sauce
1/4 cup low sodium beef broth	1 teaspoon light brown sugar
2 cloves garlic, pressed	1 teaspoon sea salt
1/2 cup chopped onion	1/2 teaspoon freshly ground black pepper



INSTRUCTIONS:

Heat the oil in a large skillet over medium heat. Add beef strips and brown for about 1 minute per side; transfer to a crock cooker. In a cup, blend together cornstarch and beef broth to a smooth paste; pour over beef. Add remaining ingredients and stir well to combine. Cover and cook on LOW for 6 to 8 hours; serve.

NUTRITION per serving: 416 Calories; 28g Fat; 30g Protein; 11g Carbohydrate; 2g Dietary Fiber; 95mg Cholesterol; 712mg Sodium. **Exchanges:** 0 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 3 Fat; 0 Other Carbohydrates. **Points:** 11

SERVING SUGGESTION: Brown rice and garlicky sautéed baby spinach.

GLUTEN FREE: Make sure beef broth, canned tomatoes and soy sauce are gluten free. Use arrowroot starch instead of cornstarch.

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SAVING DINNER

with



Crock Cooker Club Volume 2

The Menus, Recipes and Instructions for
10 Delicious Crock Cooker Meals
to Bring Your Family Back to the Dinner Table

Crock Cooker Club Volume 2 – Shopping List

Day 1: Herb and Tomato Braised Chicken

Day 2: Beef Carbonnade

Day 3: Spicy Pork Carnitas

Day 4: Crock Cooker Veggie Lasagna

Day 5: Lemon Dill Salmon with Carrots

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

3 pounds boneless beef chuck [D2]

1 1/2 pounds pork loin roast [D3]

4 slices bacon [D1]

6 (6-oz.) boneless skinless chicken breast halves [D1]

3 pounds skinless salmon fillets (or buy frozen) [D5]

CONDIMENTS

Olive oil [D1,D2,D3,D4,D5]

**Red wine vinaigrette [D4]

**Salad dressing (your choice) [D3]

DELI

Guacamole (optional garnish) [D3]

CANNED GOODS

Low sodium chicken broth (1 cup) [D1]

Low sodium beef broth (3 1/2 cups) [D2]

Low sodium vegetable broth (1 cup plus 2 tablespoons) [D3]

2 (28-oz.) cans crushed tomatoes [D1,D4]

1 (28-oz.) can diced tomatoes [D4]

SPICES

Sea salt [D1,D2,D5]

Black peppercorns [D1,D2,D5]

Thyme [D1,D2]

Ground fennel [D1]

Bay leaves [D1]

Basil [D2,D4]

Sage [D2]

Dried parsley flakes [D1]

Chipotle chili powder [D3]

Chili powder [D3]

Ground cumin [D3]

Oregano [D4]

Crushed red pepper flakes [D4]

Dill [D5]

**Garlic powder [D4]

DAIRY/DAIRY CASE

Butter, unsalted [D4,D5]

Eggs (1) [D4]

Low fat sour cream (1/2 cup plus optional garnish) [D3]

Low fat cottage cheese (8 ounces) [D4]

Part-skim Ricotta cheese (8 ounces) [D4]

Mozzarella cheese (3 cups shredded) [D4]

PRODUCE

Onions (2 cups chopped plus 3 1/2 cups diced) [D1,D2,D4,D5]

Red onion (optional garnish) **Additional [D3,D4]

Shallots (2 small) [D3]

Garlic (25 cloves) [D1,D2,D3,D4,D5]

Carrots (4 cups diced) [D5]

Zucchini (1 cup chopped) **Additional [D4]

Mushrooms (1/2 cup chopped) [D4]

Green bell peppers (1 cup diced) [D4]

Jalapeno peppers (1) [D3]

Tomatoes (optional garnish) [D3]

Baby spinach (5 ounces) [D4]

Romaine lettuce (optional garnish) [D3]

Cilantro (1 cup chopped) [D3]

Oregano (1/4 cup) [D3]

Lemons (1/4 cup plus 2 tablespoons juice) [D1,D5]

Limes (1/3 cup juice) [D3]

**Red potatoes [D1]

**New potatoes [D5]

**Baby carrots [D2]

**Broccoli [D2]

**Green beans [D1]

**Asparagus [D5]

**Lettuce (not Iceberg, no nutrition) [D3]

**Salad veggies (your choice) [D3]

**Mixed baby greens [D4]

DRY GOODS

All-purpose flour [D2]

Egg noodles (3 cups uncooked) [D2]

Lasagna noodles (15) [D4]

FREEZER

3 pounds skinless salmon fillets (if not using fresh) [D5]

BAKERY

12 corn taco shells [D3]

**Bread for garlic toast [D4]

OTHER

Large zipper-topped plastic bags [D2]

GLUTEN FREE

Chicken broth [D1]

Beef broth [D2]

Vegetable broth [D3]

Canned tomatoes [D1,D4]

Egg noodles [D2]

Lasagna noodles [D4]

Flour [D2]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

DO-AHEAD TIP: Cook, drain and crumble bacon.

Herb and Tomato Braised Chicken

Day 1 – Serves 6

INGREDIENTS:

2 tablespoons olive oil
1 cup diced onion
4 cloves garlic, pressed
2 teaspoons dried thyme
1 1/2 teaspoons ground fennel
1 teaspoon freshly ground black pepper
2 bay leaves

1 cup low sodium chicken broth
2 tablespoons lemon juice
1 (28-oz.) can crushed tomatoes
1 teaspoon sea salt
6 (6-oz.) boneless skinless chicken breast halves
4 slices bacon, cooked and crumbled
3 tablespoons dried parsley flakes



INSTRUCTIONS:

Heat the oil in a skillet over medium heat; add onion and cook until translucent, 3 to 4 minutes. Stir in garlic, thyme, fennel, pepper and bay leaves; cook for 1 minute. Add broth and lemon juice then raise skillet heat to medium-high and bring to a boil. Add tomatoes and salt; stir well. Place chicken in a crock cooker; sprinkle crumbled bacon on top then add tomato mixture. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours. Remove bay leaves, stir in parsley flakes and serve..

NUTRITION per serving: 320 Calories; 9g Fat; 45g Protein; 14g Carbohydrate; 4g Dietary Fiber; 102mg Cholesterol; 757mg Sodium. **Exchanges:** 0 Grain(Starch); 6 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1 Fat. **Points:** 8

SERVING SUGGESTION: Steamed red potatoes and steamed green beans.

GLUTEN FREE: Make sure broth and tomatoes are gluten free.

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DO-AHEAD TIP: Cook egg noodles in time for dinner.

Beef Carbonnade

Day 2 – Serves 8

INGREDIENTS:

2 tablespoons olive oil
3 pounds boneless beef chuck, cubed
3 tablespoons all-purpose flour
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
3 1/2 cups low sodium beef broth, divided

2 cups diced onion
3 cloves garlic, pressed
2 tablespoons dried thyme
1 tablespoon dried basil
1 tablespoon dried sage
3 cups egg noodles, cooked according to package directions



INSTRUCTIONS:

Heat the oil in a large skillet over medium-high heat. In a large zipper-topped plastic bag, combine beef, flour, salt and pepper; seal bag and shake well to coat. Add beef cubes to skillet, in batches, and brown on all sides, turning every 30 seconds to 1 minute and adding more oil if necessary. Transfer browned beef to a crock cooker. Add 1 cup of broth to the skillet; bring to a boil and whisk up all of the browned bits from the bottom of the pan; transfer mixture to the crock cooker. In a large bowl, combine remaining broth, sliced onions, garlic, thyme, basil and sage; pour mixture over beef; stir to combine. Cover and cook on LOW for 6 to 8 hours or on HIGH for 4 to 6 hours or until beef is fork-tender. Serve immediately over egg noodles.

NUTRITION per serving: 494 Calories; 31g Fat; 35g Protein; 18g Carbohydrate; 2g Dietary Fiber; 112mg Cholesterol; 343mg Sodium. **Exchanges:** 1 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat. **Points:** 13

SERVING SUGGESTION: Serve steamed broccoli spears and steamed baby carrots on the side.

GLUTEN FREE: Make sure broth is gluten free. Use gluten free flour and noodles.

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Spicy Pork Carnitas

Day 3 – Serves 6

INGREDIENTS:

3 cloves garlic, pressed
1 teaspoon chipotle chili powder
1 tablespoon chili powder
1 teaspoon ground cumin
1 1/2 pounds pork loin roast
1 tablespoon olive oil
1 cup low sodium vegetable broth

Chimichurri Sauce
1 cup chopped fresh cilantro
1/4 cup fresh oregano, chopped
3 cloves garlic, pressed
2 small shallots, peeled and quartered
1 jalapeno pepper, de-seeded and chopped
1/3 cup lime juice
1/2 cup low fat sour cream
2 tablespoons low sodium vegetable broth



12 corn taco shells
Optional toppings: Shredded Romaine lettuce, chopped tomatoes, chopped red onion, light sour cream, guacamole

INSTRUCTIONS:

In a small bowl, combine garlic, chipotle chili powder, chili powder and cumin; rub mixture over all sides of pork roast. Heat the oil in a large skillet over medium-high heat; add pork roast and brown on all sides; transfer to a crock cooker. Add the broth to the skillet; bring to a boil and whisk up all of the browned bits from the bottom of the pan; pour over pork roast in crock cooker. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours. Combine all Chimichurri sauce ingredients (cilantro through broth) in a food processor or blender; pulse until finely chopped, occasionally stopping and scraping sides. Refrigerate any unused sauce in a tightly-sealed container for up to 1 week. Remove pork from crock cooker to a large bowl; set aside. Pour crock cooker juices into a small saucepan over high heat; bring to a boil and cook for 5 minutes or until reduced by two-thirds. Shred pork with 2 forks then add broth reduction. Serve with Chimichurri Sauce, warm taco shells and desired toppings.

NUTRITION per serving: 168 Calories; 7g Fat; 18g Protein; 7g Carbohydrate; 2g Dietary Fiber; 40mg Cholesterol; 169mg Sodium. **Exchanges:** 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates. **Points:** 4

SERVING SUGGESTION: A big salad tossed with your choice of dressing.

GLUTEN FREE: Make sure broth is gluten free.

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Crock Cooker Veggie Lasagna

Day 4 - Serves 8

INGREDIENTS:

1 teaspoon olive oil
1 large egg
8 ounces part-skim Ricotta cheese
8 ounces low fat cottage cheese
5 ounces baby spinach, coarsely chopped
1/2 cup chopped mushrooms
1/2 cup diced onion
1 cup chopped zucchini

1 cup diced green bell pepper
1 (28-oz.) can crushed tomatoes, drained
1 (28-oz.) can diced tomatoes, drained
6 cloves garlic, pressed
2 teaspoons dried oregano
2 teaspoons dried basil
1 pinch crushed red pepper flakes
15 lasagna noodles, uncooked
3 cups shredded Mozzarella cheese, divided



INSTRUCTIONS:

Coat a crock cooker with olive oil. In a large bowl, combine egg, Ricotta cheese, cottage cheese, spinach, mushrooms, onion, zucchini and bell pepper. In a second large bowl, combine tomatoes, garlic, oregano, basil and crushed red pepper flakes. Spread 1 1/2 cups of the tomato mixture in the crock cooker then cover with one layer of noodles, breaking into pieces to cover as much of the sauce as possible. Spread half of the Ricotta/veggie mixture over the noodles; pat down firmly. Add 1 1/2 cups of tomato mixture then sprinkle with 1 cup of the Mozzarella. Repeat the layering process one more time, starting with noodles. Refrigerate remaining 1 cup of Mozzarella. Cover crock cooker and cook on LOW for 4 hours or on HIGH for 2 hours. Turn off crock cooker and sprinkle Lasagna with reserved Mozzarella cheese. Cover and let stand for 10 minutes (to melt the cheese) before serving.

NUTRITION per serving: 875 Calories; 18g Fat; 41g Protein; 139g Carbohydrate; 8g Dietary Fiber; 74mg Cholesterol; 503mg Sodium. **Exchanges:** 8 Grain(Starch); 2 1/2 Lean Meat; 3 Vegetable; 1 1/2 Fat. **Points:** 23

SERVING SUGGESTION: A big salad of mixed baby greens and thinly sliced red onion and zucchini, tossed with red wine vinaigrette. Add some garlic toast.

GLUTEN FREE: Make sure tomatoes are gluten free. Use gluten free noodles.

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Lemon Dill Salmon with Carrots

Day 5 - Serves 8

INGREDIENTS:

1/4 cup olive oil
1/4 cup unsalted butter, cubed
2 cups chopped onions
4 cups diced carrots
6 cloves garlic, pressed

3 pounds skinless salmon fillets, cubed
1/4 cup lemon juice
1/2 teaspoon sea salt
1/8 teaspoon freshly ground black pepper
1 tablespoon dried dill



INSTRUCTIONS:

Place olive oil and butter in a crock cooker. Stir in onions, baby carrots, and garlic. Cover and cook on LOW for 6 to 8 hours, stirring once during cooking time, until vegetables are tender. Place salmon over vegetables then pour lemon juice over salmon; season with salt, pepper, and dill. Cover and cook on LOW for 1 to 2 hours or until salmon flakes easily when tested with a fork.

NUTRITION per serving: 357 Calories; 19g Fat; 35g Protein; 12g Carbohydrate; 3g Dietary Fiber; 104mg Cholesterol; 257mg Sodium. **Exchanges:** 0 Grain(Starch); 5 Lean Meat; 2 Vegetable; 0 Fruit; 2 1/2 Fat. **Points:** 9

SERVING SUGGESTION: Steamed new potatoes and steamed asparagus.

GLUTEN FREE: No changes necessary.

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Crock Cooker Club Volume 2 – Shopping List

Day 1: Aromatic Chicken with Sweet Potatoes and Chickpeas

Day 2: Spanish Style Picadillo

Day 3: Italian Pork with Bell Pepper

Day 4: Butternut Squash, Chickpea and Lentil Soup

Day 5: Simple Sea Scallop Chowder

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

2 pounds 95% lean ground beef [D2]

6 (6-oz.) boneless pork chops [D3]

6 slices bacon [D5]

4 ounces chorizo sausage [D2]

1 1/2 pounds boneless skinless chicken breast meat [D1]

3 pounds large sea scallops (or buy frozen) [D5]

CONDIMENTS

Olive oil [D1,D2,D3]

Red wine vinegar [D2]

Hot sauce [D5]

Green olives (1/2 cup sliced) [D2]

Honey (1/4 cup) [D1]

Dry sherry (1/2 cup) (or use lemon juice) [D5]

**Red wine vinaigrette [D3]

**Salad dressing(s) (your choice) [D2,D5]

**Whole black olives [D4]

CANNED GOODS

Low sodium chicken broth (1 1/2 cups) [D1,D3]

Low sodium beef broth (1/2 cup) [D2]

Low sodium vegetable broth (4 3/4 cups) [D4,D5]

Crushed tomatoes (65 ounces) [D1,D2,D3]

Tomato paste (7 tablespoons) [D2,D3,D4]

Chickpeas (38 ounces) (Garbanzo beans) [D1,D4]

8 ounces whole kernel corn [D2]

Clam juice (1 cup) [D5]

Low fat evaporated milk (2 cups) [D5]

SPICES

Sea salt [D1,D2,D3,D4,D5]

Black peppercorns [D1,D2,D3,D4,D5]

Ground coriander [D1]

Ground cardamom [D1]

Ground star anise [D1]

Saffron (optional) [D1]

Ground cinnamon [D1]

Chili powder [D2]

Ground cumin [D2]

Oregano [D2,D4]

Thyme [D3,D4,D5]

Basil [D3,D5]

Marjoram [D4]

DRY GOODS

All-purpose flour [D3]

Red lentils (1 cup) [D4]

**Pasta (your favorite) [D3]

PRODUCE

Onions (1 1/2 cups sliced plus 4 cups chopped plus 3 cups diced) [D1,D2,D3,D4,D5]

Garlic (21 cloves) [D2,D3,D4,D5]

Red potatoes (2 cups cubed) [D5]

Sweet potatoes (3 cups cubed) [D1]

Celery (2 cups sliced) **Additional [D4,D5]

Carrots (1 cup chopped) **Additional [D4]

Butternut squash (4 cups cubed) [D4]

Mushrooms (2 cups sliced) [D5]

Green bell peppers (1/2 cup diced) [D3]

Red bell peppers (1/2 cup diced) [D3]

Banana peppers (2 cups chopped) [D2]

Lemons (1/2 cup juice plus 1/2 cup if not using dry sherry) [D4,D5]

Oranges (1 cup juice) [D1]

**Red onion [D3]

**Cherry tomatoes [D3,D4]

**Kale [D1]

**Spinach [D5]

**Mixed baby greens [D3]

**Lettuce (not Iceberg, no nutrition) [D2]

**Salad veggies (your choice) [D2]

DAIRY/DAIRY CASE

**Butter, unsalted [D4,D5]

FREEZER

3 pounds large sea scallops (if not using fresh) [D5]

BAKERY

**Crusty bread [D4]

**Whole grain rolls [D5]

OTHER

Large zipper-topped plastic bags [D3]

GLUTEN FREE

Sausage [D2]

Bacon [D5]

Vinegar [D2]

Sherry (if using) [D5]

Hot sauce [D5]

Chicken broth [D1,D3]

Beef broth [D2]

Vegetable broth [D4,D5]

Clam juice [D5]

Canned tomatoes [D1,D2,D3]

Tomato paste [D2,D3,D4]

Chickpeas [D1,D4]

Canned corn [D2]

Olives [D2]

Flour [D3]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Aromatic Chicken with Sweet Potatoes and Chickpeas

Day 1 – Serves 8

INGREDIENTS:

2 tablespoons olive oil, divided	2 teaspoons ground cinnamon
1 1/2 pounds boneless skinless chicken breast meat, cubed	3 cups peeled and cubed sweet potatoes
1 teaspoon sea salt	2 (14.5-oz.) cans crushed tomatoes, drained
1/2 teaspoon freshly ground black pepper	2 (15-oz.) cans chickpeas, rinsed and drained (garbanzo beans)
1 1/2 cups sliced onions	1/2 cup low sodium chicken broth
1 teaspoon ground coriander	1 cup orange juice
1 teaspoon ground cardamom	1/4 cup honey
1/2 teaspoon ground star anise	
1 teaspoon saffron (optional)	



INSTRUCTIONS:

Coat a crock cooker with 1 tablespoon of olive oil. Toss chicken with salt and pepper and place in crock cooker. Heat remaining olive oil in a large skillet over medium heat. Add onions; cook and stir until translucent, about 3 minutes. Stir in coriander, cardamom, star anise, saffron and cinnamon; cook for 30 seconds; transfer mixture to the crock cooker. Add remaining ingredients (sweet potatoes through honey); stir well. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours. Stir well before serving.

NUTRITION per serving: 396 Calories; 6g Fat; 29g Protein; 58g Carbohydrate; 9g Dietary Fiber; 49mg Cholesterol; 784mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 3 Lean Meat; 2 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.

Points: 10

SERVING SUGGESTION: Serve braised kale on the side.

GLUTEN FREE: Make sure tomatoes, chickpeas, and broth are gluten free.

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Spanish Style Picadillo

Day 2 – Serves 8

INGREDIENTS:

1 tablespoon olive oil	2 tablespoons red wine vinegar
2 pounds 95% lean ground beef	2 cups diced onion
4 ounces chorizo sausage, removed from casing	2 cups chopped banana peppers, de-seeded
1 tablespoon chili powder	8 ounces canned whole kernel corn, drained
2 teaspoons ground cumin	1/2 cup sliced green olives
1 teaspoon dried oregano	5 cloves garlic, pressed
1/2 cup low sodium beef broth	1 (28-oz.) can crushed tomatoes, un-drained
2 tablespoons tomato paste	1/4 teaspoon sea salt
	1/8 teaspoon freshly ground black pepper



INSTRUCTIONS:

Heat the oil in a large skillet over medium-high heat. Add beef and chorizo; cook and crumble until no longer pink; drain then return to skillet. Stir in chili powder, cumin and oregano; cook for 2 minutes. Stir in broth, tomato paste and vinegar; blend well. Transfer mixture to a crock cooker then stir in onion, peppers, corn, olives, garlic and tomatoes. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours. Stir in salt and pepper before serving.

NUTRITION per serving: 464 Calories; 11g Fat; 19g Protein; 20g Carbohydrate; 5g Dietary Fiber; 44mg Cholesterol; 583mg Sodium. **Exchanges:** 1/2 Grain(Starch); 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates. **Points:** 6

SERVING SUGGESTION: A big salad tossed with your choice of dressing.

GLUTEN FREE: Make sure sausage, broth, tomato paste, vinegar, corn, olives, and tomatoes are gluten free.

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Italian Pork with Bell Pepper

Day 3 – Serves 6

INGREDIENTS:

4 tablespoons all-purpose flour, divided
6 (6-oz.) boneless pork chops
1 to 3 tablespoons olive oil
2 cups chopped onion
1/2 cup diced green bell pepper
1/2 cup diced red bell pepper
4 cloves garlic, pressed

8 ounces canned crushed tomatoes, un-drained
1 cup low sodium chicken broth
2 tablespoons dried thyme
1 tablespoon dried basil
3 tablespoons tomato paste
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper



INSTRUCTIONS:

Place 2 tablespoons of flour in a large zipper-topped plastic bag; add pork chops, seal bag and toss to coat. Heat the oil in a large skillet over medium-high heat. Add pork chops and brown for about 30 seconds per side; transfer to a crock cooker. Add more oil, if needed, to the skillet. Add onions and cook for 5 minutes or until browned. Add bell peppers and garlic; cook for 1 minute. In a medium bowl, whisk together remaining flour with the crushed tomatoes, broth, thyme, basil, tomato paste, salt and pepper; blend well until smooth then add to the skillet with the onions, peppers, and garlic. Bring mixture to a boil then, when boiling, carefully pour it over the pork chops in the crock cooker. Cover and cook on LOW for 6 to 8 hours or on HIGH for 4 to 6 hours.

NUTRITION per serving: 299 Calories; 10g Fat; 35g Protein; 17g Carbohydrate; 4g Dietary Fiber; 77mg Cholesterol; 581mg Sodium. **Exchanges:** 1/2 Grain(Starch); 4 1/2 Lean Meat; 2 Vegetable; 1/2 Fat. **Points:** 7

SERVING SUGGESTION: Serve over your favorite pasta; add a salad of mixed baby greens, sliced red onion and halved cherry tomatoes, tossed with red wine vinaigrette.

GLUTEN FREE: Make sure tomatoes, broth, and tomato paste are gluten free. Use gluten free flour.

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Butternut Squash, Chickpea and Lentil Soup

Day 4 - Serves 8

INGREDIENTS:

8 ounces canned chickpeas, drained and rinsed (garbanzo beans)
4 cups peeled, seeded and cubed butternut squash
1 cup chopped carrots
1 cup diced onion
1 cup red lentils
3 3/4 cups low sodium vegetable broth

1/2 cup lemon juice
6 cloves garlic, pressed
1 tablespoon dried marjoram
2 tablespoons dried oregano
1 tablespoon dried thyme
2 tablespoons tomato paste
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper



INSTRUCTIONS:

Combine all ingredients in a crock cooker. Cover and cook on LOW for 6 to 8 hours or until vegetables are tender and lentils have softened.

NUTRITION per serving: 201 Calories; 1g Fat; 15g Protein; 37g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 607mg Sodium. **Exchanges:** 2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat. **Points:** 5

SERVING SUGGESTION: A relish tray of carrot and celery sticks, cherry tomatoes and whole black olives; add some crusty bread and butter.

GLUTEN FREE: Make sure chickpeas, broth, and tomato paste are gluten free.

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DO-AHEAD TIP: Cook, drain and crumble bacon; set aside.

Simple Sea Scallop Chowder

Day 5 - Serves 8

INGREDIENTS:

6 slices bacon, cooked, drained, and crumbled
2 cups cubed red potatoes
2 cups sliced celery
2 cups sliced mushrooms
2 cups chopped onion
1 cup clam juice
1 cup low sodium vegetable broth
1/2 cup dry sherry (or use lemon juice)

6 cloves garlic, pressed
2 tablespoons dried thyme
1 tablespoon dried basil
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
3 pounds large sea scallops, chopped
2 cups low fat evaporated milk
2 teaspoons hot sauce (more or less, to taste)



INSTRUCTIONS:

In a crock cooker, combine bacon, potatoes, celery, mushrooms, onions, clam juice, broth, sherry (or lemon juice), garlic, thyme, salt and pepper. Cover and cook on LOW for 5 to 6 hours or on HIGH for 3 to 4 hours or until potatoes and vegetables are tender. Turn crock cooker heat setting to LOW (if needed); stir in scallops and cook for 30 minutes or until scallops are cooked throughout. Stir in milk then add hot sauce (one teaspoon at a time, to taste). Serve immediately to avoid overcooking the scallops.

NUTRITION per serving: 327 Calories; 4g Fat; 39g Protein; 29g Carbohydrate; 3g Dietary Fiber; 63mg Cholesterol; 896mg Sodium. **Exchanges:** 1/2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 1/2 Fat. **Points:** 8

SERVING SUGGESTION: A big spinach salad tossed with your choice of dressing; add whole grain rolls and butter.

GLUTEN FREE: Make sure bacon, clam juice, broth, sherry (if using), and hot sauce are gluten free.

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SAVING DINNER

with



Crock Cooker Club Volume 3

The Menus, Recipes and Instructions for
10 Delicious Crock Cooker Meals
to Bring Your Family Back to the Dinner Table

Crock Cooker Club Volume 3 – Shopping List

Day 1: Sweet Sesame Chicken

Day 2: Black Forest Ham with Pineapple

Day 3: Mongolian Beef

Day 4: Vegetarian Stuffed Zucchini

Day 5: Mediterranean Tomato Shrimp with Orzo

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

3 pounds beef flank steak [D3]

3 pounds Black Forest ham (or other smoked ham) [D2]

1 1/2 pounds boneless skinless chicken breast meat [D1]

3 pounds medium shrimp, peeled and deveined (or buy frozen) [D5]

CONDIMENTS

Olive oil [D1,D2]

Sesame oil (in Asian section of grocery store) [D3]

Balsamic vinegar [D4]

Rice wine vinegar (3/4 cup) [D1,D3]

Cider vinegar (1/4 cup) [D2]

Low sodium soy sauce (1 3/4 cups) [D1,D3]

Honey [D1]

Peanut butter, creamy [D3]

**Red wine vinaigrette [D4]

**Honey-mustard salad dressing [D5]

CANNED GOODS

Low sodium vegetable broth (3 cups) [D2,D3,D5]

1 (14.5-oz.) can crushed tomatoes [D5]

Tomato sauce (1 1/2 cups) [D1,D4]

Tomato paste (1/4 cup) [D1,D5]

Navy beans (8 ounces) [D4]

1 (9-oz.) can artichoke hearts [D5]

1 (16-oz.) can crushed pineapple [D2]

DAIRY/DAIRY CASE

Mozzarella cheese (1/4 cup shredded) [D4]

Reduced fat Feta cheese (1 cup crumbled) [D5]

**Butter, unsalted [D4]

FREEZER

3 pounds medium shrimp, peeled and deveined (if not using fresh) [D5]

DRY GOODS

Cornstarch (1/2 cup plus 1 tablespoon) [D1,D2,D3]

Light brown sugar [D1]

Dark brown sugar [D3]

Pine nuts (1/4 cup) [D4]

Brown rice (5 cups cooked) [D1,D3,D4]

Orzo (4 cups cooked) [D5]

BAKERY

**Bread for garlic toast [D4]

PRODUCE

Onions (2 1/4 cups diced plus 1 1/2 cups chopped) [D1,D2,D3,D4,D5]

Garlic (15 cloves) [D1,D3,D4,D5]

Green onions (3/4 cup chopped) [D1,D3]

Carrots (3 cups sliced) [D2]

Zucchini (4 medium) **Additional [D1,D4]

Lemons (3 tablespoons juice plus 1 teaspoon zest) [D5]

**Yellow squash [D1]

**Snow peas [D1]

**Broccoli [D3]

**New potatoes [D2]

**Cabbage [D2]

**Mixed baby greens [D4]

**Red onion [D4,D5]

**Cherry tomatoes [D4]

**Baby spinach [D5]

**Green apple [D5]

SPICES

Sea salt [D1,D4,D5]

Black peppercorns [D1,D3,D4,D5]

Crushed red pepper flakes [D1,D3]

Sesame seeds [D1]

Ground ginger [D3]

Ground allspice [D2]

Basil [D4]

Thyme [D4,D5]

Oregano [D4,D5]

Marjoram [D4]

Bay leaves [D5]

**Garlic powder [D4]

OTHER

Large zipper-topped plastic bags [D3]

GLUTEN FREE

Rice wine vinegar [D1,D3]

Cider vinegar [D2]

Balsamic vinegar [D4]

Soy sauce [D1,D3]

Vegetable broth [D2,D3,D5]

Canned tomatoes [D5]

Tomato sauce [D1,D4]

Tomato paste [D1,D5]

Canned navy beans [D4]

Canned artichoke hearts [D5]

Canned pineapple [D2]

Arrowroot starch [D1,D2,D3]

Orzo [D5]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

DO-AHEAD TIP: Cook brown rice in time for dinner.

Sweet Sesame Chicken

Day 1 – Serves 8 (leftovers!)

INGREDIENTS:

1 1/2 pounds boneless skinless chicken breast meat, cubed	1 tablespoon light brown sugar
1 teaspoon sea salt	2 tablespoons olive oil
1/2 teaspoon freshly ground black pepper	3 cloves garlic, pressed
1 1/4 cups honey	1/4 teaspoon crushed red pepper flakes
3/4 cup low sodium soy sauce	3 tablespoons cornstarch
1 cup diced onion	3 tablespoons water
1/2 cup tomato sauce	1 tablespoon sesame seeds
2 tablespoons tomato paste	1/4 cup chopped green onions
1/4 cup rice wine vinegar	2 cups cooked brown rice



INSTRUCTIONS:

Season chicken with salt and pepper; transfer to a crock cooker. In a medium bowl, whisk together next 10 ingredients (honey through crushed red pepper flakes); pour mixture over chicken. Cover and cook on LOW for 4 to 6 hours or on HIGH for 2 to 3 hours. Remove chicken from crock cooker and keep warm. In a cup, combine cornstarch and water; stir mixture into the crock cooker juices along with sesame seeds and chopped green onions. Cover and cook on HIGH for 10 minutes. When sauce has thickened, serve chicken over brown rice and spoon sauce on top.

NUTRITION per serving: 395 Calories; 6g Fat; 23g Protein; 66g Carbohydrate; 2g Dietary Fiber; 49mg Cholesterol; 1320mg Sodium. **Exchanges:** 1 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 1 Fat; 3 Other Carbohydrates. **Points:** 11

SERVING SUGGESTION: Stir-fried zucchini, yellow squash and snow peas.

GLUTEN FREE: Make sure soy sauce, tomato sauce, tomato paste and vinegar are gluten free. Use arrowroot starch instead of cornstarch.

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Black Forest Ham with Pineapple

Day 2 – Serves 8 (leftovers!)

INGREDIENTS:

1 cup diced onion	2 cups low sodium vegetable broth
3 cups sliced carrots	1/4 cup cider vinegar
3 pounds Black Forest ham (or other smoked ham)	2 teaspoons ground allspice
1 (16-oz.) can crushed pineapple	2 tablespoons cornstarch
	2 tablespoons water



INSTRUCTIONS:

In a crock cooker, place diced onions, then sliced carrots, then the ham. In a medium bowl, combine pineapple, broth, vinegar and allspice; pour over ham. Cover and cook on LOW for 6 to 8 hours or on HIGH for 4 to 6 hours. In a cup, combine cornstarch and water. Remove the ham from the crock cooker and keep warm. Stir cornstarch/water mixture into crock cooker juices and cook on HIGH for 5 minutes or until thickened. Slice ham and serve with sauce.

NUTRITION per serving: 288 Calories; 7g Fat; 38g Protein; 18g Carbohydrate; 3g Dietary Fiber; 102mg Cholesterol; 1543mg Sodium. **Exchanges:** 0 Grain(Starch); 5 Lean Meat; 1 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.

Points: 7

SERVING SUGGESTION: Steamed new potatoes and braised cabbage.

GLUTEN FREE: Make sure pineapple, vegetable broth and vinegar are gluten free. Use arrowroot starch instead of cornstarch.

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DO-AHEAD TIP: Cook brown rice in time for dinner.

Mongolian Beef

Day 3 – Serves 8 (leftovers!)

INGREDIENTS:

3 pounds beef flank steak, cut into 1/2-inch strips
1/4 cup cornstarch
1 cup low sodium soy sauce
1/2 cup low sodium vegetable broth
1/2 cup rice wine vinegar
1 tablespoon sesame oil
3 tablespoons dark brown sugar

1 teaspoon ground ginger
1/4 cup diced onion
1/4 teaspoon freshly ground black pepper
1/2 teaspoon crushed red pepper flakes
1 tablespoon creamy peanut butter
4 cloves garlic, pressed
1/2 cup chopped green onions
2 cups cooked brown rice



INSTRUCTIONS:

Place steak strips and cornstarch in a large zipper-topped plastic bag; seal bag and shake well to coat; set aside. In a crock cooker, whisk together next 12 ingredients (soy sauce through green onions). Remove steak from the plastic bag and gently shake off any excess cornstarch; add to crock cooker and stir gently. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours or until beef strips are fork-tender. Serve over brown rice.

NUTRITION per serving: 448 Calories; 21g Fat; 37g Protein; 26g Carbohydrate; 2g Dietary Fiber; 87mg Cholesterol; 1365mg Sodium. **Exchanges:** 1 Grain(Starch); 5 Lean Meat; 1 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 11

SERVING SUGGESTION: Serve steamed broccoli spears on the side.

GLUTEN FREE: Make sure soy sauce, vegetable broth and vinegar are gluten free. Use arrowroot starch instead of cornstarch.

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DO-AHEAD TIP: Toast pine nuts.

Vegetarian Stuffed Zucchini

Day 4 - Serves 8 (leftovers!)

INGREDIENTS:

1 cup tomato sauce
1 tablespoon balsamic vinegar
8 ounces canned Navy beans, drained
1/2 cup chopped onion
2 cloves garlic, pressed
1 cup cooked brown rice
2 tablespoons dried basil

1 tablespoon dried thyme
1 tablespoon dried oregano
2 teaspoons dried marjoram
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
4 medium zucchini, halved and hollowed out
1/4 cup pine nuts, toasted
1/4 cup shredded Mozzarella cheese



INSTRUCTIONS:

In a small bowl, combine tomato sauce and vinegar. In a medium bowl, combine next 10 ingredients (beans through black pepper) along with 2 tablespoons of tomato sauce/vinegar mixture; blend well. Fill the hollowed zucchini with the bean mixture then carefully stack them in a crock cooker. Top with remaining tomato sauce/vinegar mixture. Cover and cook on LOW for 4 to 6 hours or on HIGH for 2 to 3 hours. Place cooked zucchini on dinner plates and sprinkle each serving with the pine nuts and grated cheese.

NUTRITION per serving: 130 Calories; 4g Fat; 6g Protein; 20g Carbohydrate; 5g Dietary Fiber; 3mg Cholesterol; 567mg Sodium. **Exchanges:** 1 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat. **Points:** 3

SERVING SUGGESTION: A big salad of mixed baby greens, sliced red onion and halved cherry tomatoes, tossed with red wine vinaigrette; add some garlic toast.

GLUTEN FREE: Make sure tomato sauce, vinegar and canned beans are gluten free.

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DO-AHEAD TIP: Cook orzo in time for dinner.

Mediterranean Tomato Shrimp with Orzo

Day 5 - Serves 8 (leftovers!)

INGREDIENTS:

1 cup chopped onion	1 teaspoon lemon zest
6 cloves garlic, pressed	4 bay leaves
1 (14.5-oz.) can crushed tomatoes	1 teaspoon sea salt
2 tablespoons tomato paste	1/2 teaspoon freshly ground black pepper
1 tablespoon dried oregano	1 (9-oz.) can artichoke hearts, drained and chopped
1 tablespoon dried thyme	3 pounds medium shrimp, peeled and deveined
1/2 tablespoon dried basil	4 cups cooked orzo
1/2 cup low sodium vegetable broth	1 cup crumbled reduced fat Feta cheese
3 tablespoons lemon juice	



INSTRUCTIONS:

In a crock cooker, combine first 13 ingredients (onion through pepper); stir in artichoke hearts and bay leaves. Cover and cook on LOW for 2 hours or on HIGH for 1 hour. Remove bay leaves and raise heat setting to HIGH (if necessary). Stir in shrimp; cook for 5 to 7 minutes or until shrimp are pink and cooked through. Serve over orzo and top with Feta cheese.

NUTRITION per serving: 392 Calories; 6g Fat; 45g Protein; 35g Carbohydrate; 5g Dietary Fiber; 266mg Cholesterol; 862mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 7 Lean Meat; 2 Vegetable; 0 Fruit; 2 1/2 Fat. **Points:** 9

SERVING SUGGESTION: A big salad of baby spinach, sliced red onion and green apple tossed with honey-mustard dressing.

GLUTEN FREE: Make sure tomatoes, tomato paste, broth and artichokes are gluten free. Use gluten free orzo.

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Crock Cooker Club Volume 3 – Shopping List

Day 1: Easy CranOrange Chicken
Day 2: Philly Cheese Steak Sandwiches
Day 3: Sweet and Tangy Pork Chops
Day 4: Spicy Lemon Cod with Spinach and Capers
Day 5: Spinach and Feta Meatloaf

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

2 pounds lean beef round steak [D2]
2 pounds 95% lean ground beef [D5]
8 (6-oz.) boneless pork chops [D3]
1 1/2 pounds boneless skinless chicken breast meat [D1]
2 1/2 pounds cod fillets (or buy frozen) [D4]

CONDIMENTS

Olive oil [D3]
Cider vinegar (1/4 cup plus 2 tablespoons) [D1,D2,D3]
Ketchup (1/2 cup) [D5]
Worcestershire sauce [D2,D3]
Capers [D4]
Sun-dried tomatoes [D5]
Honey [D1]
Maple syrup, pure (1/2 cup) [D3]
**Low fat mayonnaise [D2]
**Rice vinegar [D2]

CANNED GOODS

Low sodium chicken broth (1/2 cup) [D1]
Low sodium beef broth (1/2 cup) [D2]
Low sodium vegetable broth (2 cups) [D3,D4]

SPICES

Sea salt [D1,D2,D3,D4,D5]
Black peppercorns [D1,D2,D3,D4,D5]
Ground ginger [D1]
Oregano [D2]
Basil [D2]
Thyme [D2]
Chili powder [D3]
Cayenne pepper [D4]
Tarragon [D4]
Marjoram [D5]

DRY GOODS

Cornstarch (1/4 cup plus 2 tablespoons) [D1,D2,D3]
Seasoned bread crumbs (2/3 cup) [D5]
Dried cranberries (2 cups) [D1]
**Wild rice pilaf [D1]

PRODUCE

Onions (1 small plus 2 cups sliced, 1 cup chopped and 1 cup diced) [D1,D2,D3,D5]
Garlic (15 cloves) [D2,D3,D4,D5]
Green bell peppers (1 cup diced) [D2]
Red bell peppers (1 cup diced) [D2]
Mushrooms (2 cups sliced) [D2,D4]
Spinach (3 cups chopped) [D4]
Lemons (1/4 cup juice) [D4]
Oranges (1 1/2 cups juice) [D1]
**Asparagus [D1]
**Broccoli slaw [D2]
**Baby carrots [D2,D4]
**Green beans [D3]
**Sweet potatoes [D3]
**Baby red potatoes [D4]
**Russet potatoes [D5]
**Broccoli and cauliflower florets [D5]

DAIRY/DAIRY CASE

Eggs (2) [D5]
16 (1-oz.) slices Provolone cheese [D2]
Reduced fat Feta cheese (3/4 cup crumbled) [D5]

FREEZER

2 1/2 pounds cod fillets (if not using fresh) [D4]
1 (10-oz.) package chopped spinach [D5]
**Petite green peas [D4]

BAKERY

8 hoagie rolls [D2]

OTHER

Wax paper [D5]

GLUTEN FREE

Cider vinegar [D1,D2,D3]
Ketchup [D5]
Worcestershire sauce [D2,D3]
Capers [D4]
Sun-dried tomatoes [D5]
Chicken broth [D1]
Beef broth [D2]
Vegetable broth [D3,D4]
Arrowroot starch [D1,D2,D3]
Bread crumbs (or bread) [D5]
Hoagie rolls [D2]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Easy CranOrange Chicken

Day 1 – Serves 8 (leftovers!)

INGREDIENTS:

1 1/2 pounds boneless skinless chicken breast meat, cubed	3 tablespoons honey
1 teaspoon sea salt	1 1/2 cups orange juice
1/2 teaspoon freshly ground black pepper	1/2 cup low sodium chicken broth
1 teaspoon ground ginger	2 tablespoons cider vinegar
1 small onion, chopped	3 tablespoons cornstarch
2 cups dried cranberries	3 tablespoons water



INSTRUCTIONS:

In a crock cooker, place all ingredients except cornstarch and water; stir to combine. Cover and cook on LOW for 4 to 6 hours or on HIGH for 2 to 3 hours. In a cup, combine cornstarch and water; stir mixture into crock cooker juices and cook on HIGH for 5 minutes or until sauce thickens. Serve immediately.

NUTRITION per serving: 160 Calories; 1g Fat; 21g Protein; 16g Carbohydrate; trace Dietary Fiber; 49mg Cholesterol; 324mg Sodium. **Exchanges:** 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Points: 4

SERVING SUGGESTION: Wild rice pilaf and steamed asparagus.

GLUTEN FREE: Make sure chicken broth and vinegar are gluten free. Use arrowroot starch instead of cornstarch.

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Philly Cheese Steak Sandwiches

Day 2 – Serves 8 (leftovers!)

INGREDIENTS:

2 pounds lean beef round steak, sliced into 1/2-inch strips	5 cloves garlic, pressed
2 cups thinly sliced onion	2 tablespoons Worcestershire sauce
1 cup diced red bell pepper	1 tablespoon cider vinegar
1 cup diced green bell pepper	1/4 teaspoon sea salt
1 cup sliced mushrooms	1/8 teaspoon freshly ground black pepper
1 tablespoon dried oregano	2 tablespoons cornstarch
2 teaspoons dried basil	2 tablespoons water
2 teaspoons dried thyme	8 hoagie rolls, split and lightly toasted
1/2 cup low sodium beef broth	16 (1-oz.) slices Provolone cheese



INSTRUCTIONS:

Place beef strips, onion, bell pepper, and mushrooms in a crock cooker. Add oregano, basil, and thyme; stir to combine. In a medium bowl, whisk together broth, garlic, Worcestershire sauce, vinegar, salt and pepper; pour mixture over beef and veggies in crock cooker. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours. In a cup, combine cornstarch and water; stir mixture into crock cooker juices and cook on HIGH for 5 minutes or until sauce thickens. Spoon beef mixture evenly in hoagie rolls and top each with 2 slices of Provolone cheese.

NUTRITION per serving: 586 Calories; 22g Fat; 48g Protein; 48g Carbohydrate; 4g Dietary Fiber; 105mg Cholesterol; 1042mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 5 1/2 Lean Meat; 1 Vegetable; 2 Fat; 0 Other Carbohydrates. **Points:** 15

SERVING SUGGESTION: A big bowl of broccoli slaw (use a ready-made mix and toss with low fat mayo and a little rice vinegar); add a bowl of raw baby carrots.

GLUTEN FREE: Make sure beef broth, Worcestershire sauce, vinegar and hoagie rolls are gluten free. Use arrowroot starch instead of cornstarch.

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Sweet and Tangy Pork Chops

Day 3 – Serves 8 (leftovers!)

INGREDIENTS:

1 tablespoon chili powder
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
8 (6-oz.) boneless pork chops
1 tablespoon olive oil
1 cup low sodium vegetable broth

4 cloves garlic, pressed
1 cup chopped onion
1/2 cup pure maple syrup
3 tablespoons cider vinegar
2 tablespoons Worcestershire sauce
1 tablespoon cornstarch
1 tablespoon water



INSTRUCTIONS:

In a cup, combine chili powder, salt and pepper; rub mixture into both sides of pork chops. Heat the oil in a large skillet over medium-high heat; add pork chops and sear on both sides for 30 seconds; transfer to a crock cooker. Add broth to the skillet; bring to a boil and whisk up all of the browned bits from the bottom of the pan; pour over pork chops in crock cooker then stir in garlic, onion, maple syrup, vinegar, and Worcestershire sauce. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours. Remove pork chops from crock cooker and keep warm. In a cup, combine cornstarch and water; stir mixture into crock cooker juices and cook on HIGH for 5 minutes or until sauce thickens. Serve pork chops with sauce.

NUTRITION per serving: 290 Calories; 9g Fat; 32g Protein; 18g Carbohydrate; 1g Dietary Fiber; 77mg Cholesterol; 412mg Sodium. **Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat; 1 Other Carbohydrates. **Points:** 7

SERVING SUGGESTION: Baked sweet potatoes and steamed green beans.

GLUTEN FREE: Make sure vegetable broth, vinegar and Worcestershire sauce are gluten free. Use arrowroot starch instead of cornstarch.

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Spicy Lemon Cod with Spinach and Capers

Day 4 - Serves 8 (leftovers!)

INGREDIENTS:

1 cup low sodium vegetable broth
1/4 cup lemon juice
4 cloves garlic, pressed
3 tablespoons capers, drained and rinsed
2 teaspoons dried tarragon
1/4 teaspoon cayenne pepper

2 teaspoons sea salt
1 teaspoon freshly ground black pepper
3 cups chopped fresh spinach
1 cup sliced mushrooms
2 1/2 pounds cod fillets, cut into 1-inch cubes



INSTRUCTIONS:

In a crock cooker, combine first 8 ingredients (broth through black pepper). Stir in spinach and mushrooms. Cover and cook on LOW for 2 hours or on HIGH for 1 hour. Stir in cod; cover and cook on HIGH for 30 minutes or until fish flakes easily when tested with a fork. Serve immediately.

NUTRITION per serving: 134 Calories; 1g Fat; 27g Protein; 3g Carbohydrate; 1g Dietary Fiber; 61mg Cholesterol; 650mg Sodium. **Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates. **Points:** 3

SERVING SUGGESTION: Steamed baby red potatoes and steamed baby carrots with petite green peas.

GLUTEN FREE: Make sure vegetable broth and capers are gluten free.

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Spinach and Feta Meatloaf

Day 5 - Serves 6

INGREDIENTS:

2 pounds 95% lean ground beef
2 eggs
2/3 cup seasoned dry bread crumbs
1 cup diced onion
1 teaspoon sea salt
1 teaspoon freshly ground black pepper
1 teaspoon dried marjoram

2 cloves garlic, pressed
1/2 cup ketchup, divided
3/4 cup crumbled reduced fat Feta cheese
3 tablespoons minced sun-dried tomatoes
1 (10-oz.) package frozen chopped spinach,
thawed and squeezed dry
Wax paper



INSTRUCTIONS:

In a large bowl, combine ground beef, eggs, bread crumbs, onion, salt, pepper, marjoram, garlic, and all but 2 tablespoons of the ketchup. In a small bowl, combine Feta cheese, sun-dried tomatoes and spinach. On a large sheet of wax paper, shape meat mixture into a rectangle. Spread the Feta cheese mixture over the meat rectangle to within 1-inch of the edges. Using the wax paper, roll the meat mixture (jellyroll style) so that it completely covers the cheese and spinach center; seal the edges and ends tightly. Place meatloaf in a crock cooker and top with the remaining ketchup. Cover and cook on LOW for 8 to 10 hours or on HIGH for 4 to 6 hours.

NUTRITION per serving: 554 Calories; 8g Fat; 24g Protein; 21g Carbohydrate; 3g Dietary Fiber; 120mg Cholesterol; 1250mg Sodium. **Exchanges:** 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 2 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 6

SERVING SUGGESTION: Mashed russet potatoes and steamed broccoli and cauliflower florets.

GLUTEN FREE: Make sure bread crumbs are gluten free or make your own crumbs from gluten free bread. Also make sure ketchup, sun-dried tomatoes are gluten free.

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SAVING DINNER

with



Crock Cooker Club Volume 4

The Menus, Recipes and Instructions for
10 Delicious Crock Cooker Meals
to Bring Your Family Back to the Dinner Table

Crock Cooker Club Volume 4 – Shopping List

Day 1: Vietnamese Green Chicken Curry
Day 2: Crock Cooker Shepherd's Pie
Day 3: Salsa Verde Pulled Pork Tacos
Day 4: Vegetarian Tortellini in Red Sauce
Day 5: Snapper with Lemon Citrus Cream Sauce and Penne

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

1 1/2 pounds 95% lean ground beef [D2]
1 (2-lb.) pork roast [D3]
6 (6-oz.) boneless skinless chicken breast halves [D1]
2 1/2 pounds skinless red snapper fillets (or buy frozen) [D5]

DELI

16 ounces spinach-and-Ricotta-stuffed tortellini [D4]

CONDIMENTS

Olive oil [D1,D3]
Balsamic vinegar [D4]
White wine vinegar (1/4 cup) [D5]
Worcestershire sauce [D2,D5]
2 (8-oz.) jars salsa verde [D3]
Sun-dried tomatoes (9 ounces) [D4,D5]
Black olives (2 cups sliced) [D4]
Fish sauce (in Asian section of grocery store) [D1]
**Red wine vinaigrette [D4]
**Salad dressing (your choice) [D3]

PRODUCE

Onions (2 cups chopped plus 1 1/2 cups diced) [D2,D3,D4,D5]
Garlic (20 cloves) **Additional [D1,D2,D3,D4,D5]
Red potatoes (4 cups) [D2]
Mushrooms (1 cup sliced) [D1]
Jalapeno peppers (2) [D3]
Cilantro (1/2 cup chopped) [D3]
Basil (1 cup leaves) [D1]
Lemons (1/4 cup juice plus 1/2 teaspoon zest) [D5]
Limes (2 tablespoons juice plus 1 tablespoon zest plus wedges for optional garnish) [D1]
Oranges (1/2 cup juice plus 1/2 teaspoon zest) [D5]
**Red onion [D4]
**Cucumber [D4]
**Avocado [D4]
**Zucchini and yellow squash [D5]
**Broccoli [D2]
**Baby spinach [D1]
**Mixed baby greens [D4]
**Lettuce (not Iceberg, no nutrition) [D3]
**Salad veggies (your choice) [D3]

SPICES

Sea salt [D2,D3,D4,D5]
Black peppercorns [D2,D3,D4,D5]
Green curry powder [D1]
Basil [D2,D4,D5]
Oregano [D2,D4,D5]
Thyme [D2,D4]
Marjoram [D4,D5]

CANNED GOODS

Low sodium chicken broth (1/2 cup) [D1]
Low sodium beef broth (1 cup) [D2]
Low sodium vegetable broth (5 cups) [D3,D5]
3 (14.5-oz.) cans diced tomatoes [D4]
Tomato sauce (1 1/2 cups) [D4]
Tomato paste (3 tablespoons) [D2,D4]
1 (16-oz.) jar roasted red peppers [D4]
2 (14-oz.) cans artichoke hearts [D4]
1 (8-oz.) can bamboo shoots [D1]
1 (8-oz.) can water chestnuts [D1]
Coconut milk, unsweetened (1 cup) [D1]

DAIRY/DAIRY CASE

Heavy cream (1 1/4 cups) [D4,D5]
Low fat sour cream (1/4 cup) [D3]
Pepper Jack cheese (8 ounces) [D3]
Gruyere cheese (1 cup grated) [D2]
Feta cheese (1 cup crumbled) [D4]
Parmesan cheese (1/2 cup grated plus optional garnish) [D5]

FREEZER

2 1/2 pounds skinless red snapper fillets (if not using fresh) [D5]
Baby corn (2 cups) [D1]
Mixed vegetables (carrots, peas, corn) (1 cup) [D2]

DRY GOODS

Cornstarch [D2]
Light brown sugar [D1]
Penne pasta (4 cups cooked) [D5]
**Brown rice [D1]

BAKERY

8 whole wheat flour tortillas [D3]

GLUTEN FREE

Vinegars [D4,D5]
Worcestershire sauce [D2,D5]
Salsa verde [D3]
Sun-dried tomatoes [D4,D5]
Olives [D4]
Fish sauce [D1]
Chicken broth [D1]
Beef broth [D2]
Vegetable broth [D3,D5]
Canned tomatoes [D4]
Tomato sauce [D4]
Tomato paste [D2,D4]
Jarred roasted red peppers [D4]
Canned artichoke hearts [D4]
Canned bamboo shoots [D1]
Canned water chestnuts [D1]
Green curry powder [D1]
Arrowroot starch [D2]
Pasta [D4,D5]
Tortillas [D3]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Vietnamese Green Chicken Curry

Day 1 – Serves 6

INGREDIENTS:

6 (6-oz.) boneless skinless chicken breast halves
1 (8-oz.) can bamboo shoots, drained
1 (8-oz.) can water chestnuts, drained and chopped
2 cups frozen baby corn
1 cup sliced mushrooms
1 cup unsweetened coconut milk
1/2 cup low sodium chicken broth

1 tablespoon lime zest
2 tablespoons lime juice
2 tablespoons green curry powder
1 tablespoon light brown sugar
2 teaspoons fish sauce
1 cup whole fresh basil leaves
Lime wedges, for garnish, optional



INSTRUCTIONS:

In a crock cooker, place chicken, bamboo shoots, water chestnuts, baby corn and mushrooms. In a small bowl, whisk together coconut milk, broth, lime zest, lime juice, curry powder, brown sugar and fish sauce; pour mixture over chicken and vegetables in crock cooker. Cover and cook on LOW for 4 to 6 hours or on HIGH for 2 to 3 hours or until chicken is fork-tender. Stir in basil leaves and cook for 5 minutes longer. Serve with lime wedges if desired.

NUTRITION per serving: 372 Calories; 13g Fat; 44g Protein; 22g Carbohydrate; 5g Dietary Fiber; 99mg Cholesterol; 168mg Sodium. **Exchanges:** 1/2 Grain(Starch); 5 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.

Points: 9

SERVING SUGGESTION: Brown rice and baby spinach sautéed in garlic and olive oil.

GLUTEN FREE: Make sure bamboo shoots, water chestnuts, chicken broth, curry powder and fish sauce are gluten free.

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Crock Cooker Shepherd's Pie

Day 2 – Serves 8

INGREDIENTS:

1 1/2 pounds 95% lean ground beef
1 cup diced onion
5 cloves garlic, pressed
1 tablespoon tomato paste
2 tablespoons Worcestershire sauce
1 tablespoon dried basil
1 tablespoon dried oregano
1 teaspoon dried thyme

1/2 teaspoon freshly ground black pepper
1 tablespoon cornstarch
1 cup low sodium beef broth
1 cup frozen mixed vegetables (carrots, peas, corn)
4 cups red potatoes, peeled boiled and mashed
Sea salt and freshly ground black pepper, to taste
1 cup grated Gruyere cheese



INSTRUCTIONS:

In a large skillet, brown ground beef until no longer pink. Add onion and garlic and cook until onion is translucent; transfer mixture to a crock cooker. Stir in tomato paste, Worcestershire, basil, oregano, thyme and black pepper. In a small bowl, whisk together cornstarch and beef broth; pour over beef mixture in crock cooker then layer vegetables on top. Top with mashed potatoes and season with salt and pepper. Cover and cook on LOW for 3 hours. Top potatoes with grated cheese then raise crock cooker heat setting to HIGH; cover and cook for an additional 10 to 20 minutes or until cheese has melted.

NUTRITION per serving: 373 Calories; 7g Fat; 16g Protein; 22g Carbohydrate; 3g Dietary Fiber; 38mg Cholesterol; 167mg Sodium. **Exchanges:** 1 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Fat; 0 Other Carbohydrates. **Points:** 5

SERVING SUGGESTION: Serve steamed broccoli spears on the side.

GLUTEN FREE: Make sure tomato paste, Worcestershire sauce and beef broth are gluten free. Use arrowroot starch instead of cornstarch.

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Crock Cooker Club – Volume 4

Salsa Verde Pulled Pork Tacos

Day 3 – Serves 8

INGREDIENTS:

2 tablespoons olive oil
1 (2-lb.) pork roast, trimmed
1 cup chopped onion
5 cloves garlic, pressed
2 (8-oz.) jars salsa verde
2 jalapeno peppers, de-seeded and sliced

1/2 cup chopped cilantro
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
4 cups low sodium vegetable broth
8 whole wheat flour tortillas
8 ounces grated Pepper Jack cheese
1/4 cup low fat sour cream



INSTRUCTIONS:

Heat the oil in a large skillet over medium heat. Add pork roast and brown on all sides; transfer to a crock cooker. Add onions and garlic to the skillet and sauté until onions are translucent, 1 to 2 minutes; transfer to crock cooker. In a medium bowl, combine salsa, jalapeno peppers and cilantro; add to the crock cooker then season with salt and pepper. Pour in broth, making sure it covers all ingredients. Cover and cook on LOW for 6 to 8 hours or on HIGH for 4 to 6 hours or until pork is fork-tender. Remove roast to a cutting board and shred with two forks; return to crock cooker and blend with juices. Serve pork mixture in tortillas, topped with cheese and sour cream.

NUTRITION per serving: 510 Calories; 26g Fat; 34g Protein; 35g Carbohydrate; 4g Dietary Fiber; 83mg Cholesterol; 1272mg Sodium. **Exchanges:** 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates. **Points:** 13

SERVING SUGGESTION: A big salad tossed with your choice of dressing.

GLUTEN FREE: Make sure salsa verde and vegetable broth are gluten free. Use gluten free tortillas.

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DO-AHEAD TIP: Cook tortellini in time for dinner.

Vegetarian Tortellini in Red Sauce

Day 4 - Serves 8

INGREDIENTS:

3 (14.5-oz.) cans diced tomatoes, drained
1 1/2 cups tomato sauce
1 tablespoon balsamic vinegar
1 tablespoon dried oregano
1 teaspoon dried basil
1 teaspoon dried marjoram
1 teaspoon dried thyme
8 cloves garlic, pressed
2 (14-oz.) cans artichoke hearts, drained and quartered
1 (8-oz.) jar sun-dried tomatoes, drained and chopped

1 (16-oz.) jar roasted red peppers, drained and chopped
1 cup chopped onion
2 cups sliced black olives
2 tablespoons tomato paste
1/2 cup heavy cream
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
16 ounces spinach-and-Ricotta-stuffed tortellini, cooked
1 cup crumbled Feta cheese



INSTRUCTIONS:

In a crock cooker, combine first 14 ingredients (tomatoes through tomato paste). Cover and cook on LOW for 4 to 6 hours or on HIGH for 2 to 3 hours. Stir in cream, salt and pepper; cover and cook for 5 minutes longer or until heated through. Serve sauce over hot cooked pasta topped with crumbled Feta cheese.

NUTRITION per serving: 450 Calories; 19g Fat; 19g Protein; 60g Carbohydrate; 15g Dietary Fiber; 111mg Cholesterol; 1872mg Sodium. **Exchanges:** 2 Grain(Starch); 1 Lean Meat; 5 Vegetable; 0 Fruit; 0 Non-Fat Milk; 3 Fat. **Points:** 12

SERVING SUGGESTION: A big salad of mixed baby greens, sliced red onion, cucumber and avocado, tossed with red wine vinaigrette.

GLUTEN FREE: Make sure vinegar, olives, tomatoes, tomato sauce, tomato paste, artichoke hearts and roasted red peppers are gluten free. Use gluten free pasta.

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DO-AHEAD TIP: Cook pasta in time for dinner.

Snapper with Lemon Citrus Cream Sauce and Penne

Day 5 - Serves 8

INGREDIENTS:

1/2 cup diced onion	1 teaspoon Worcestershire sauce
2 cloves garlic, pressed	1/2 teaspoon orange zest
1 cup low sodium vegetable broth	1/2 teaspoon lemon zest
1/4 cup white wine vinegar	1 teaspoon sea salt
1/4 cup lemon juice	1/2 teaspoon freshly ground black pepper
1/2 cup orange juice, pulp-free	2 1/2 pounds skinless red snapper fillets, cut into 1-inch cubes
2 tablespoons sun-dried tomatoes, drained and diced	3/4 cup heavy cream
1 teaspoon dried basil	1/2 cup grated Parmesan cheese, plus optional garnish
1 teaspoon dried marjoram	4 cups cooked Penne pasta
1 teaspoon dried oregano	



INSTRUCTIONS:

In a crock cooker, combine first 15 ingredients (onion through black pepper); blend well. Add snapper cubes and stir gently to combine. Cover and cook on LOW for 2 hours or on HIGH for 1 hour or until fish flakes easily when tested with a fork. Stir in cream; cover and cook for 5 minutes longer or until heated through. Stir in Parmesan cheese and cooked pasta; blend well and serve immediately, topped with additional Parmesan if desired.

NUTRITION per serving: 366 Calories; 12g Fat; 37g Protein; 26g Carbohydrate; 2g Dietary Fiber; 87mg Cholesterol; 516mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates. **Points:** 9

SERVING SUGGESTION: Stir-fried zucchini and yellow squash tossed with a little dried basil, oregano and salt and pepper to taste.

GLUTEN FREE: Make sure vegetable broth, vinegar, sun-dried tomatoes and Worcestershire sauce are gluten free. Use gluten free pasta.

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Crock Cooker Club Volume 4 – Shopping List

Day 1: Stuffed Pesto Chicken

Day 2: Game Day Crock Cooker Burgers

Day 3: Easy Asian Pork Roast

Day 4: Vegetable Curry and Coconut Milk Stew

Day 5: Shrimp and Cheddar Sage Grits

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

2 pounds 95% lean ground beef [D2]
1 (2-lb.) pork roast [D3]
6 (6-oz.) boneless skinless chicken breast halves [D1]
1 1/2 pounds small shrimp, peeled and deveined (or buy frozen) [D5]

CONDIMENTS

Cider vinegar [D2]
Rice wine vinegar [D3]
Low fat mayonnaise (optional garnish) [D2]
Yellow mustard [D2]
Ketchup (optional garnish) [D2]
Worcestershire sauce [D5]
Low sodium soy sauce (1/4 cup) [D3]
Pickles (optional garnish) [D2]
Honey (1/4 cup) [D3]
**Rice vinegar [D2]
**Olive oil [D4]
**Salad dressing (your choice) [D5]

CANNED GOODS

Low sodium chicken broth (3 cups) [D1,D5]
Low sodium beef broth (1/2 cup) [D2]
Low sodium vegetable broth (2 1/4 cups) [D3,D4]
1 (15-oz.) can chickpeas [D4]
Coconut milk, unsweetened (2 1/2 cups) [D4]

SPICES

Sea salt [D1,D2,D3,D5]
Black peppercorns [D1,D3,D5]
Bay leaves [D3]
Ground ginger [D3]
Ground cloves [D3]
Sesame seeds [D3]
Curry powder [D4]
Sage [D5]

DRY GOODS

Cornstarch [D3]
Sugar [D2]
Seasoned bread crumbs (1 cup) [D2]
Quick-cooking grits (1 cup) [D5]
Cashews (2 tablespoons chopped) [D1]
**Brown rice [D3]
**Whole wheat couscous [D4]
**Golden raisins [D4]
**Slivered almonds [D4]

PRODUCE

Onions (2 large plus 1 cup chopped plus 1 cup diced) [D2,D3,D4,D5]
Garlic (16 cloves) **Additional [D1,D2,D3,D4,D5]
Carrots (2 cups sliced) [D4]
Cauliflower (4 cups chopped) [D4]
Lettuce (not Iceberg, no nutrition) (for optional garnish) **Additional [D2,D5]
Basil (1/4 cup plus 3 tablespoons chopped leaves) [D1,D4]
**Baby red potatoes [D1]
**Baby carrots [D2]
**Asparagus [D1]
**Broccoli slaw [D2]
**Mushrooms [D3]
**Zucchini [D3]
**Snow peas [D3]
**Baby spinach [D4]
**Salad veggies (your choice) [D5]

DAIRY/DAIRY CASE

Butter, unsalted [D1,D5]
Eggs (1) [D2]
Half and half (1/4 cup) [D5]
U.K. Members: Half and half is half milk and half cream
Low fat sour cream (2 tablespoons) [D1]
Cheddar cheese (1 cup shredded plus slices for optional garnish) [D2,D5]

FREEZER

1 1/2 pounds small shrimp, peeled and deveined (if not using fresh) [D5]
French-cut green beans (2 cups) [D4]

BAKERY

8 burger buns [D2]

GLUTEN FREE

Vinegars [D2,D3]
Mayonnaise (if using) [D2]
Mustard [D2]
Ketchup (if using) [D2]
Worcestershire sauce [D5]
Soy sauce [D3]
Pickles (if using) [D2]
Chicken broth [D1,D5]
Beef broth [D2]
Vegetable broth [D3,D4]
Canned chickpeas [D4]
Curry powder [D4]
Arrowroot starch [D3]
Grits [D5]
Bread crumbs OR bread [D2]
Burger buns [D2]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Stuffed Pesto Chicken

Day 1 – Serves 6

INGREDIENTS:

3 tablespoons unsalted butter, softened
2 tablespoons low fat sour cream
3 tablespoons chopped fresh basil leaves
2 tablespoons chopped cashews
3 cloves garlic, pressed

6 (6-oz.) boneless skinless chicken breast halves, butter-fried
1 teaspoon sea salt
1 teaspoon freshly ground black pepper
1 cup low sodium chicken broth, divided



INSTRUCTIONS:

In a blender or food processor, pulse butter and sour cream until well blended; add basil, cashews and garlic; process until almost smooth. Spread just a little over 1 tablespoon of this creamy pesto inside each chicken breast half then place chicken in a crock cooker; sprinkle with salt and pepper then add 1/2 cup of broth. Cover and cook on LOW for 6 to 8 hours, checking liquid halfway through and adding another half cup of broth if needed, until chicken is cooked through.

NUTRITION per serving: 271 Calories; 9g Fat; 42g Protein; 2g Carbohydrate; trace Dietary Fiber; 115mg Cholesterol; 518mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates. **Points:** 6

SERVING SUGGESTION: Steamed baby red potatoes and steamed asparagus.

GLUTEN FREE: Make sure chicken broth is gluten free.

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Game Day Crock Cooker Burgers

Day 2 – Serves 8

INGREDIENTS:

2 pounds 95% lean ground beef
1 cup diced onion
1 egg, beaten
1 cup seasoned dry bread crumbs
1 teaspoon sea salt
4 cloves garlic, pressed

1 tablespoon sugar
1 tablespoon yellow mustard
1 tablespoon cider vinegar
1/2 cup low sodium beef broth
8 burger buns, split and lightly toasted
Optional toppings: Cheddar cheese slices,
lettuce, pickles, ketchup, mustard, mayonnaise



INSTRUCTIONS:

In a large bowl, thoroughly combine ground beef, onion, egg, bread crumbs, salt and garlic. Form mixture evenly into 8 patties. Place patties in a crock cooker, stacking if necessary. In a small bowl, whisk together sugar, mustard, vinegar and broth; pour over beef patties. Cover and cook on LOW for 8 to 10 hours. It's OK if they fall apart. Serve in burger buns with your favorite toppings.

NUTRITION per serving: 494 Calories; 6g Fat; 18g Protein; 36g Carbohydrate; 2g Dietary Fiber; 58mg Cholesterol; 942mg Sodium. **Exchanges:** 2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates. **Points:** 7

SERVING SUGGESTION: A big bowl of broccoli slaw (use a ready-made mix and toss with mayo and a little rice vinegar); add a bowl of raw baby carrots.

GLUTEN FREE: Make sure vinegar, mustard, beef broth, pickles (if using), ketchup (if using), and mayonnaise (if using) are gluten free. Use gluten free bread crumbs or make your own with gluten free bread. Use gluten free buns.

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Easy Asian Pork Roast

Day 3 – Serves 8

INGREDIENTS:

2 large onions, thinly sliced
6 cloves garlic, pressed
1/2 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 (2-lb.) pork roast, trimmed and cut into 4 pieces
4 bay leaves
1 cup low sodium vegetable broth

1/4 cup honey
1/4 cup low sodium soy sauce
2 tablespoons rice wine vinegar
1 teaspoon ground ginger
1/2 teaspoon ground cloves
3 tablespoons cornstarch
1/4 cup cold water
2 tablespoons sesame seeds



INSTRUCTIONS:

Place sliced onions in a crock cooker. In a small bowl, combine garlic, salt and pepper; rub mixture into each piece of pork roast; add to crock cooker and top with bay leaves. In a small bowl, whisk together broth, honey, soy sauce, vinegar, ginger and cloves; pour over pork. Cover and cook on LOW for 6 to 8 hours or on HIGH for 4 to 6 hours or until pork is fork-tender. Remove meat and onions from crock cooker and keep warm. Remove bay leaves and discard. In a cup, combine cornstarch and cold water; stir mixture into crock cooker juices. Cover and cook on HIGH for 30 minutes or until thickened, stirring occasionally. Slice or pull pork apart and serve topped with onions, sauce and sesame seeds.

NUTRITION per serving: 257 Calories; 12g Fat; 20g Protein; 18g Carbohydrate; 2g Dietary Fiber; 56mg Cholesterol; 536mg Sodium. **Exchanges:** 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 1 Fat; 1/2 Other Carbohydrates. **Points:** 7

SERVING SUGGESTION: Brown rice and stir-fried mushrooms, zucchini and snow peas.

GLUTEN FREE: Make sure vegetable broth, soy sauce and vinegar are gluten free. Use arrowroot starch instead of cornstarch.

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Vegetable Curry and Coconut Milk Stew

Day 4 - Serves 8

INGREDIENTS:

4 cups chopped cauliflower
1 (15-oz.) can chickpeas, drained and rinsed
2 cups French-cut green beans
2 cups sliced carrots

1/2 cup chopped onion
1 1/4 cups low sodium vegetable broth
1 tablespoon curry powder
2 1/2 cups unsweetened coconut milk
1/4 cup chopped fresh basil leaves



INSTRUCTIONS:

In a crock cooker, combine cauliflower, chickpeas, green beans, carrots and onion. Stir in broth and curry powder. Cover and cook on LOW for 5 to 6 hours or on HIGH for 2 to 3 hours or until vegetables are tender. Stir in coconut milk and basil. When heated through, serve immediately.

NUTRITION per serving: 381 Calories; 25g Fat; 11g Protein; 34g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 371mg Sodium. **Exchanges:** 1 Grain(Starch); 1/2 Lean Meat; 2 1/2 Vegetable; 1/2 Fruit; 5 Fat. **Points:** 10

SERVING SUGGESTION: Whole wheat couscous tossed with golden raisins and slivered almonds; add baby spinach sautéed in garlic and olive oil.

GLUTEN FREE: Make sure chickpeas, vegetable broth and curry powder are gluten free.

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Shrimp and Cheddar Sage Grits

Day 5 - Serves 8

INGREDIENTS:

2 cups water	3 cloves garlic, pressed
2 cups low sodium chicken broth	1 tablespoon dried sage
1 teaspoon sea salt	1 1/2 pounds small shrimp, peeled and deveined
1/2 teaspoon freshly ground black pepper	1 cup shredded Cheddar cheese
1 cup uncooked quick-cooking grits	1/4 cup half and half
2 tablespoons unsalted butter	1/2 teaspoon Worcestershire sauce
1/2 cup chopped onion	



INSTRUCTIONS:

Combine water, broth, salt, pepper and grits in a crock cooker. Cover and cook on LOW for 8 hours. At the 7- hour mark, stir the grits and check the texture. If not done, continue to cook for another hour. When grits are done, melt the butter in a large skillet over medium heat; add chopped onion and cook until translucent; stir in garlic and sage and cook for 30 seconds longer. Add shrimp and cook for 3 to 5 minutes or until pink. Add shrimp, onion/herb mixture and cheese to the grits in the crock cooker. Stir until cheese is melted then stir in half and half and Worcestershire sauce. Cover and cook on LOW for 10 minutes or until grits are heated through. Serve immediately.

NUTRITION per serving: 274 Calories; 10g Fat; 26g Protein; 19g Carbohydrate; 1g Dietary Fiber; 155mg Cholesterol; 587mg Sodium. **Exchanges:** 1 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates. **Points:** 7

SERVING SUGGESTION: A big salad tossed with your choice of dressing.

GLUTEN FREE: Make sure chicken broth and Worcestershire sauce are gluten free. Use gluten free grits.

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SAVING DINNER

with



Crock Cooker Club Volume 5

The Menus, Recipes and Instructions for
10 Delicious Crock Cooker Meals
to Bring Your Family Back to the Dinner Table

Crock Cooker Club Volume 5 – Shopping List

Day 1: Honey Apricot and Raisin Chicken
Day 2: Braised Short Ribs with Parmesan Polenta
Day 3: Spicy Cajun Style Pork Roast
Day 4: Sweet and Spicy Root Vegetable Stew
Day 5: Citrus Flounder with Kale

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

3 1/2 pounds boneless beef short ribs [D2]
1 (3-lb.) pork roast [D3]
6 (6-oz.) boneless skinless chicken breast halves [D1]
2 1/2 pounds flounder fillets (or buy frozen) [D5]

DELI

1 (16-oz.) package plain prepared polenta [D2]

CONDIMENTS

Olive oil [D2]
White wine vinegar [D1]
Balsamic vinegar [D2]
Honey [D1]
**Red wine vinaigrette [D2]
**Salad dressing (your choice) [D4]

CANNED GOODS

Low sodium chicken broth (1/3 cup) [D1]
Low sodium vegetable broth (2 1/2 cups) [D4,D5]
2 (14.5-oz.) cans crushed tomatoes [D2,D3]
Tomato paste (2 tablespoons) [D2]
1 (15-oz.) can Navy beans [D4]
Red grape juice (1 cup) [D2]

SPICES

Sea salt [D1,D2,D3,D4,D5]
Black peppercorns [D1,D2,D3,D5]
Ground allspice [D1,D5]
Rosemary [D2]
Thyme [D2]
Chipotle chili powder [D3]
Paprika [D3]
Ground ginger [D4]
Ground cinnamon [D4]
Ground cumin [D4]
Ground cardamom [D4]
Cayenne pepper [D4]

DRY GOODS

Cornstarch [D1]
Light brown sugar [D3]
Dried apricots (12 whole plus 1 cup chopped) [D1,D4]
Golden raisins (1/4 cup) [D1]
Slivered almonds (6 tablespoons) [D4]
Brown rice (2 cups) [D1]

PRODUCE

Onions (1 cup chopped plus 4 cups diced) [D1,D2,D3]
Yellow onions (1 cup chopped) [D4]
Red onions (1/2 cup chopped) **Additional [D2,D5]
Garlic (18 cloves) [D1,D2,D3,D5]
Leeks (2 cups sliced) [D4]
Red potatoes (1 1/2 cups quartered) [D4]
Celery (1 cup diced) [D2]
Carrots (1 cup diced plus 2 cups sliced) [D2,D4]
Fennel (1/2 cup sliced bulb) [D2]
Butternut squash (2 cups cubed) [D4]
Jalapenos (2) [D3]
Kale (3 cups chopped) [D5]
Lemons (1/4 cup juice) [D5]
Oranges (1/2 cup juice plus 4 slices) [D5]
**Sweet potatoes [D3]
**Broccoli [D1]
**Collard greens [D3]
**Spinach [D4]
**Mixed baby greens [D2]
**Cherry tomatoes [D2]
**Baby carrots [D5]

DAIRY/DAIRY CASE

Parmesan cheese (2 tablespoons grated) [D2]
**Butter, unsalted [D4]

FREEZER

2 1/2 pounds flounder fillets (if not using fresh) [D5]
1 (10-oz.) package whole kernel corn [D3]

BAKERY

**Crusty bread [D4]

OTHER

Large zipper-topped plastic bags [D1]

GLUTEN FREE

Vinegars [D1,D2]
Chicken broth [D1]
Vegetable broth [D4,D5]
Canned tomatoes [D2]
Tomato paste [D2]
Canned beans [D4]
Red grape juice [D2]
Arrowroot starch [D1]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

DO-AHEAD TIP: Cook brown rice in time for dinner.

Honey Apricot and Raisin Chicken

Day 1 – Serves 6

INGREDIENTS:

6 (6-oz.) boneless skinless chicken breast halves
2 teaspoons ground allspice
3 cloves garlic, pressed
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1 cup chopped onion
1 cup chopped dried apricots

1/4 cup golden raisins
1/2 cup honey
2 tablespoons white wine vinegar
1/3 cup low sodium chicken broth
1 tablespoon cornstarch
1 tablespoon water
2 cups brown rice, cooked



INSTRUCTIONS:

In a large zipper-topped plastic bag, combine chicken with allspice, garlic, salt and pepper; seal bag and shake well to coat chicken. Place chicken in a crock cooker; add onion, apricots and raisins. In a small bowl, whisk together honey, vinegar and broth; add to the crock cooker. Cover and cook on LOW for 6 to 8 hours or until chicken is tender and cooked through. In a cup, combine cornstarch and water; stir into crock cooker. Cover and cook for 5 minutes or until sauce thickens. Serve with brown rice.

NUTRITION per serving: 597 Calories; 4g Fat; 46g Protein; 95g Carbohydrate; 4g Dietary Fiber; 99mg Cholesterol; 305mg Sodium.

Exchanges: 3 1/2 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fruit; 1/2 Fat; 1 1/2 Other Carbohydrates. **Points:** 15

SERVING SUGGESTION: Serve steamed broccoli spears on the side.

GLUTEN FREE: Make sure white wine vinegar and chicken broth are gluten free and use arrowroot starch instead of cornstarch.

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DO-AHEAD TIP: Prepare Parmesan Polenta 30 minutes before dinner time (see recipe).

Braised Short Ribs with Parmesan Polenta

Day 2 – Serves 8

INGREDIENTS:

2 cups diced onion
1 cup diced carrots
1 cup diced celery
1/2 cup sliced fennel bulb
3 1/2 pounds boneless beef short ribs, trimmed of fat
5 cloves garlic, pressed, divided
1 (14.5-oz.) can crushed tomatoes, un-drained
1 cup red grape juice

1 tablespoon balsamic vinegar
2 tablespoons tomato paste
2 teaspoons dried rosemary, crushed
1 teaspoon dried thyme
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
2 tablespoons olive oil, divided
1 (16-oz.) package plain prepared polenta, cut into 16 slices
2 tablespoons grated Parmesan cheese



INSTRUCTIONS:

In a crock cooker, combine onion, carrots, celery and fennel; top with ribs. In a small bowl, whisk together 4 cloves of pressed garlic and the next 8 ingredients (tomatoes through black pepper), pour mixture over meat and vegetables in crock cooker. Cover and cook on LOW for 9 to 10 hours or on HIGH for 4 to 5 hours, or until short ribs are fork-tender. About 30 minutes before serving, preheat oven to 350 degrees. Lightly coat a baking dish with 1 tablespoon of olive oil. In a cup, combine remaining olive oil with the remaining garlic. Arrange slices of polenta in the baking dish, overlapping if needed, and brush with garlic/olive oil mixture. Sprinkle lightly with Parmesan cheese and bake for 15 to 20 minutes or until golden. Serve polenta immediately topped with short ribs and vegetables.

NUTRITION per serving: 705 Calories; 28g Fat; 53g Protein; 57g Carbohydrate; 8g Dietary Fiber; 116mg Cholesterol; 470mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 6 1/2 Lean Meat; 2 Vegetable; 1/2 Fruit; 2 Fat. **Points:** 18

SERVING SUGGESTION: A big salad of mixed baby greens, sliced red onion and halved cherry tomatoes, tossed with red wine vinaigrette.

GLUTEN FREE: Make sure canned tomatoes, tomato paste, red grape juice and balsamic vinegar are gluten free.

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Spicy Cajun Style Pork Roast

Day 3 – Serves 8

INGREDIENTS:

1 teaspoon sea salt
2 teaspoons chipotle chili powder
2 teaspoons freshly ground black pepper
2 teaspoons paprika
1 (3-lb.) pork roast

1 (10-oz.) package frozen whole kernel corn
2 jalapenos, seeded and diced
2 cups diced onion
6 cloves garlic, pressed
1 teaspoon light brown sugar
1 (14.5 oz.) can crushed tomatoes



INSTRUCTIONS:

In a small bowl, combine salt, chipotle chili powder, pepper and paprika; rub mixture evenly over entire roast; transfer to a crock cooker. Add corn, jalapenos, onion and garlic. Stir the brown sugar into the tomatoes then pour mixture over vegetables and roast in the crock cooker. Cover and cook on LOW for 8 to 10 hours or on HIGH for 4 to 5 hours. Remove roast from crock cooker. Drain vegetables and discard any liquid. Serve meat with vegetables.

NUTRITION per serving: 326 Calories; 17g Fat; 28g Protein; 17g Carbohydrate; 3g Dietary Fiber; 84mg Cholesterol; 388mg Sodium. **Exchanges:** 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates. **Points:** 9

SERVING SUGGESTION: Baked sweet potatoes and braised collard greens.

GLUTEN FREE: Make sure canned tomatoes are gluten free.

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Sweet and Spicy Root Vegetable Stew

Day 4 - Serves 8

INGREDIENTS:

2 cups peeled and cubed butternut squash
2 cups thickly sliced carrots
2 cups sliced leeks
1 (15-oz.) can Navy beans, drained
1 1/2 cups quartered red potatoes
1 cup chopped yellow onion
12 dried apricots, halved

6 tablespoons slivered almonds
1 tablespoon ground ginger
1 teaspoon ground cinnamon
1 teaspoon ground cumin
1/2 teaspoon ground cardamom
1 teaspoon sea salt
1/2 teaspoon cayenne pepper
2 cups low sodium vegetable broth



INSTRUCTIONS:

In a crock cooker, combine all ingredients; blend well. Cover and cook on LOW for 6 to 8 hours or on HIGH for 4 to 6 hours, or until vegetables are fork tender. Serve and enjoy!

NUTRITION per serving: 209 Calories; 4g Fat; 10g Protein; 36g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 624mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 1/2 Fat. **Points:** 5

SERVING SUGGESTION: A big spinach salad; add some crusty bread and butter on the side.

GLUTEN FREE: Make sure canned Navy beans and vegetable broth are gluten free.

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Citrus Flounder with Kale

Day 5 - Serves 8

INGREDIENTS:

1/2 cup low sodium vegetable broth
1/2 cup orange juice
1/4 cup lemon juice
4 (1/4-inch) orange slices with peel
4 cloves garlic, pressed
2 teaspoons ground allspice

2 teaspoons sea salt
1 teaspoon freshly ground black pepper
1/2 cup chopped red onion
3 cups chopped kale
2 1/2 pounds flounder fillets, cut into 1-inch cubes



INSTRUCTIONS:

In a crock cooker, combine first 8 ingredients (broth through black pepper); add red onion and kale then stir to combine. Cover and cook on LOW for 2 hours or on HIGH for 1 hour. Stir in flounder; cover and cook on HIGH for 30 minutes or until fish flakes easily when tested with a fork. Serve immediately to avoid overcooking.

NUTRITION per serving: 204 Calories; 2g Fat; 29g Protein; 17g Carbohydrate; 3g Dietary Fiber; 68mg Cholesterol; 629mg Sodium. **Exchanges:** 0 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1 Fruit; 0 Fat. **Points:** 5

SERVING SUGGESTION: Steamed baby carrots.

GLUTEN FREE: Make sure vegetable broth is gluten free.

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Crock Cooker Club Volume 5 – Shopping List

Day 1: Chicken in Peanut Sauce
Day 2: Espresso Pot Roast with Vegetables
Day 3: Crock Cooker Pork Lo Mein
Day 4: Spinach and Tomato Stew
Day 5: Creamy Shrimp and Dill Potato Chowder

SHOPPING LIST:

MEAT/POULTRY/ SEAFOOD

1 (3-lb.) beef roast [D2]
1 (2-lb.) pork loin [D3]
6 thick slices bacon [D1]
6 (6-oz.) boneless skinless chicken breast halves [D1]
1 1/2 pounds small shrimp, peeled and deveined (or buy frozen) [D5]

CONDIMENTS

Olive oil [D3]
Sesame oil (in Asian section of grocery store) [D3]
Balsamic vinegar [D2]
Rice wine vinegar [D3]
Low sodium soy sauce (1/4 cup plus 1 tablespoon) [D1,D3]
Peanut butter (1/2 cup) [D1]
**Whole black olives [D4]
**Salad dressing (your choice) [D5]

CANNED GOODS

Low sodium chicken broth (1 1/2 cups plus extra as needed) [D1,D3]
Low sodium beef broth (1 cup) [D2]
Low sodium vegetable broth (6 cups) [D4,D5]
1 (28-oz.) can diced tomatoes [D4]
Apple juice (1/2 cup) [D1]
1 (8-oz.) can sliced water chestnuts [D3]
Low fat evaporated milk (1 cup) [D5]

DAIRY/DAIRY CASE

Low fat sour cream (1 cup) [D2]
Feta cheese (1 cup crumbled) [D4]
**Butter, unsalted [D5]

FREEZER

1 1/2 pounds small shrimp, peeled and deveined (if not using fresh) [D5]
1 (16-oz.) package mixed vegetables (broccoli, baby corn and carrots) [D3]

DRY GOODS

Light brown sugar [D1,D3]
Cornstarch [D3]
Cashews (1/3 cup) [D3]
Brown rice (2 cups uncooked) [D4]
Egg noodles (3 cups uncooked) [D1]
Lo mein noodles (12 ounces uncooked) [D3]

PRODUCE

Onions (2 medium plus 1 cup sliced) [D2,D3]
Yellow onions (3 cups diced) [D4,D5]
Garlic (14 cloves) **Additional [D1,D2,D3,D4,D5]
Red potatoes (4 cups cubed) [D5]
Celery (3 cups sliced) **Additional [D4,D5]
Carrots (2 cups diced plus 2 cups sliced) **Additional [D2,D4]
Turnips (2 cups cubed) [D2]
Mushrooms (3/4 cup halved plus 1 cup sliced) [D2,D3]
Baby spinach (10 ounces) [D4]
Cilantro (1/4 cup chopped) [D1]
Lemons (1 cup juice) [D5]
Limes (1/2 tablespoon juice) [D3]
Apples (1 cup chopped) [D1]
**Russet potatoes [D2]
**Broccoli [D2]
**Asparagus [D1]
**Zucchini, yellow squash and snow peas [D3]
**Cherry tomatoes [D4]
**Lettuce (not Iceberg, no nutrition) [D5]
**Salad veggies (your choice) [D5]

SPICES

Sea salt [D1,D2,D3,D5]
Black peppercorns [D1,D2,D3,D5]
Ground ginger [D1,D3]
Ground cardamom [D1]
Oregano [D2,D4]
Basil [D2,D4]
Bay leaves [D2,D4]
Cayenne pepper [D3]
Thyme [D4]
Crushed red pepper flakes [D4]
Dill [D5]

BAKERY

**Crusty bread [D5]

OTHER

Prepared extra-strong coffee (1 cup) [D2]

GLUTEN FREE

Bacon [D1]
Vinegars [D2,D3]
Soy sauce [D1,D3]
Chicken broth [D1,D3]
Beef broth [D2]
Vegetable broth [D4,D5]
Canned tomatoes [D4]
Apple juice [D1]
Noodles [D1,D3]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

DO-AHEAD TIP: Cook egg noodles in time for dinner.

Chicken in Peanut Sauce

Day 1 – Serves 6

INGREDIENTS:

6 (6-oz.) boneless skinless chicken breast halves
1 cup peeled, cored and chopped apples
6 thick slices bacon, uncooked
1/2 cup peanut butter
1/2 cup apple juice
1 cup low sodium chicken broth (plus additional if needed)
1/4 cup low sodium soy sauce

2 tablespoons light brown sugar
1 teaspoon ground ginger
1/2 teaspoon ground cardamom
2 cloves garlic, pressed
1/2 teaspoon sea salt
1/8 teaspoon freshly ground black pepper
1/4 cup chopped cilantro
3 cups egg noodles, cooked



INSTRUCTIONS:

Place chicken, apples, and bacon in a crock cooker. In a small bowl, whisk together next 10 ingredients (peanut butter through black pepper); add to crock cooker. Cover and cook on LOW for 6 to 8 hours, stirring occasionally and adding an additional 1/4 cup of broth if sauce is too thick. When the chicken is fork-tender and cooked through, stir in chopped cilantro; serve chicken and peanut sauce over egg noodles.

NUTRITION per serving: 475 Calories; 17g Fat; 52g Protein; 28g Carbohydrate; 3g Dietary Fiber; 122mg Cholesterol; 961mg Sodium. **Exchanges:** 1 Grain(Starch); 6 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 2 1/2 Fat; 0 Other Carbohydrates. **Points:** 12

SERVING SUGGESTION: Serve steamed asparagus on the side.

GLUTEN FREE: Make sure bacon, apple juice, chicken broth and soy sauce are gluten free and use gluten free noodles.

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DO-AHEAD TIP: Bring sour cream to room temperature before dinner.

Espresso Pot Roast with Vegetables

Day 2 – Serves 8

INGREDIENTS:

2 cups diced carrots
1 cup sliced mushrooms
2 medium onions, peeled and quartered
4 cloves garlic, pressed
1 (3-lb.) beef roast
2 teaspoons sea salt
1 teaspoon freshly ground black pepper

1 cup prepared extra-strong coffee
2 tablespoons dried oregano
2 tablespoons dried basil
2 tablespoons balsamic vinegar
1 cup low sodium beef broth
2 bay leaves
2 cups peeled and cubed turnips
1 cup low fat sour cream, at room temperature



INSTRUCTIONS:

Place carrots, mushrooms, onions and garlic in a crock cooker. Season roast with salt and pepper then place on top of vegetables. In a medium bowl, combine next 6 ingredients (coffee through bay leaves); pour mixture over roast in the crock cooker. Cover and cook on LOW for 9 to 10 hours or on HIGH for 6 to 8 hours. Transfer roast from crock cooker to a cutting board; cover and keep warm. Add turnips to crock cooker then raise heat setting to HIGH, if necessary. Cover and cook for 15 to 25 minutes or until turnips are fork-tender. Using a slotted spoon, transfer vegetables to a serving dish; discard bay leaves. Cut roast into cubes and add to the vegetables. Reserve 2 cups of broth mixture and strain out any remaining herbs/vegetables. Place sour cream in a medium bowl; slowly whisk in the 2 cups of sauce. Spoon sauce over beef and vegetables; serve immediately.

NUTRITION per serving: 442 Calories; 28g Fat; 31g Protein; 14g Carbohydrate; 3g Dietary Fiber; 104mg Cholesterol; 630mg Sodium. **Exchanges:** 0 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates. **Points:** 11

SERVING SUGGESTION: Garlic mashed russet potatoes and steamed broccoli spears.

GLUTEN FREE: Make sure balsamic vinegar and beef broth are gluten free.

GLUTEN FREE: Make sure vinegar, mustard, beef broth, pickles (if using), ketchup (if using), and mayonnaise (if using) are gluten free. Use gluten free bread crumbs or make your own with gluten free bread. Use gluten free buns.

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DO-AHEAD TIP: Cook lo mein noodles in time for dinner.

Crock Cooker Pork Lo Mein

Day 3 – Serves 8

INGREDIENTS:

1 tablespoon olive oil
1 (2-lb.) pork loin
1 cup sliced onion
1 (8-oz.) can sliced water chestnuts, drained
3/4 cup halved mushrooms
1/2 tablespoon sesame oil
2 cloves garlic, pressed
1 teaspoon ground ginger
1/2 cup low sodium chicken broth
1 tablespoon low sodium soy sauce

1 tablespoon light brown sugar
1/8 teaspoon cayenne pepper
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1/2 tablespoon lime juice
1/2 tablespoon cornstarch
1 tablespoon rice wine vinegar
1 (16-oz.) package frozen mixed vegetables (broccoli, baby corn and carrots)
1/3 cup cashews
12 ounces dried lo mein noodles, cooked



INSTRUCTIONS:

Heat the olive oil in a large skillet over medium-high heat; add pork loin and brown on all sides; transfer to a crock cooker, cutting into pieces to fit, if needed. Add onion, water chestnuts and mushrooms. In a small bowl, whisk together next 12 ingredients (sesame oil through rice wine vinegar) until well blended; pour mixture over pork in crock cooker. Cover and cook on LOW for 7 to 9 hours or on HIGH for 3 to 5 hours. Raise heat setting to HIGH, if necessary; stir in frozen vegetables. Cover and cook for 30 to 40 minutes or until vegetables are tender. Stir in cashews; serve pork and vegetables over hot lo mein noodles.

NUTRITION per serving: 373 Calories; 9g Fat; 22g Protein; 51g Carbohydrate; 4g Dietary Fiber; 36mg Cholesterol; 286mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates. **Points:** 10

SERVING SUGGESTION: Stir-fried zucchini, yellow squash and snow peas.

GLUTEN FREE: Make sure chicken broth, soy sauce and rice wine vinegar are gluten free and use gluten free noodles.

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DO-AHEAD TIP: Cook brown rice in time for dinner.

Spinach and Tomato Stew

Day 4 - Serves 8

INGREDIENTS:

10 ounces baby spinach
2 cups thickly sliced carrots
2 cups sliced celery
1 cup diced yellow onion
3 cloves garlic, pressed
4 cups low sodium vegetable broth
1 (28-oz.) can diced tomatoes, drained

2 bay leaves
1 tablespoon dried basil
1 teaspoon dried oregano
1 teaspoon dried thyme
2 teaspoons crushed red pepper flakes
1 cup crumbled Feta cheese
2 cups brown rice, cooked



INSTRUCTIONS:

Place all ingredients, except rice, in a crock cooker. Cover and cook on LOW for 8 to 10 hours or on HIGH for 4 to 5 hours. Remove bay leaves and stir well; serve over cooked brown rice.

NUTRITION per serving: 305 Calories; 6g Fat; 15g Protein; 51g Carbohydrate; 7g Dietary Fiber; 17mg Cholesterol; 545mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 1 Lean Meat; 2 1/2 Vegetable; 1 Fat. **Points:** 8

SERVING SUGGESTION: A relish tray of carrot and celery sticks, cherry tomatoes and whole black olives.

GLUTEN FREE: Make sure vegetable broth and canned tomatoes are gluten free.

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Creamy Shrimp and Dill Potato Chowder

Day 5 - Serves 6

INGREDIENTS:

3 cloves garlic, pressed

1 teaspoon sea salt

1/2 teaspoon freshly ground black pepper

2 cups diced yellow onion

1 cup sliced celery

4 cups cubed red potatoes

1 tablespoon dried dill

1 cup lemon juice

2 cups low sodium vegetable broth

1 1/2 pounds small shrimp, peeled and deveined

1 cup low fat evaporated milk



INSTRUCTIONS:

In a crock cooker, combine first 9 ingredients (garlic through broth). Cover and cook on LOW for 2 to 3 hours or on HIGH for 1 hour. Stir in shrimp and cook for 5 to 10 minutes or until shrimp are just pink and cooked through. Stir in evaporated milk and heat through; serve.

NUTRITION per serving: 287 Calories; 2g Fat; 33g Protein; 34g Carbohydrate; 4g Dietary Fiber; 174mg Cholesterol; 730mg Sodium. **Exchanges:** 1 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 0 Fat. **Points:** 7

SERVING SUGGESTION: A big salad; add some crusty bread and butter on the side.

GLUTEN FREE: Make sure vegetable broth is gluten free.

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SAVING DINNER

with



Crock Cooker Club Volume 6

The Menus, Recipes and Instructions for
10 Delicious Crock Cooker Meals
to Bring Your Family Back to the Dinner Table

Crock Cooker Club Volume 6 – Shopping List

Day 1: Tex-Mex Chicken with Brown Rice
Day 2: Breakfast for Dinner Egg and Chorizo Casserole
Day 3: Apple Pork
Day 4: Split Pea and Lentil Soup
Day 5: Cranberry Pecan Snapper

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

1 (3-lb.) pork roast [D3]
1 pound chorizo [D2]
6 (6-oz.) boneless skinless chicken breast halves [D1]
6 (6-oz.) snapper fillets (or buy frozen) [D5]

CONDIMENTS

Olive oil [D2]
White wine vinegar [D3]
Balsamic vinegar [D5]
Salsa (optional garnish) [D2]
**Whole black olives [D1]
**Salad dressing(s) (your choice) [D2,D4]

CANNED GOODS

Low sodium chicken broth (3 cups) [D1]
Low sodium vegetable broth (9 cups) [D3,D4,D5]
Diced tomatoes with mild green chilies (33 ounces) [D1,D2]
2 (15-oz.) cans black beans [D1]

SPICES

Sea salt [D3,D4,D5]
Black peppercorns [D1,D3,D4,D5]
Ground cumin [D1]
Chili powder [D1]
Sage [D3,D4]
Ground nutmeg [D3]
Mustard seeds [D4]
Thyme [D4]
Bay leaves [D4]
**Dill [D5]

DRY GOODS

Flour [D3]
Cornstarch [D3,D5]
Light brown sugar [D3,D5]
Brown rice (3 1/2 cups cooked) [D1]
Green split peas (1 cup) [D4]
Red lentils (1 cup) [D4]
Dried cranberries (1/4 cup) [D5]
Raisins (1/4 cup) [D5]
Pecans (1/4 cup chopped) [D5]

BAKERY

**Crusty bread [D4]

PRODUCE

Onions (2 1/2 cups diced) [D2,D3]
Yellow onions (2 cups chopped plus 1/4 cup diced) [D1,D5]
Garlic (16 cloves) [D1,D2,D3,D4]
Red potatoes (1 cup cubed) [D4]
Carrots (1 cup sliced) [D4]
Celery (1/2 cup diced) [D4]
Green bell peppers (1 cup chopped plus 1 cup diced) [D1,D2]
Jalapenos (4) [D1,D2]
Avocado (optional garnish) [D2]
Lettuce (not Iceberg, no nutrition) (optional garnish) **Additional [D2]
Cilantro (1 cup chopped) [D1]
Apples (1 cup sliced) [D3]
**Russet potatoes [D3]
**New potatoes [D5]
**Baby carrots [D1]
**Cherry tomatoes [D1]
**Jicama [D1]
**Baby Brussels sprouts [D3]
**Green beans [D5]
**Spinach [D4]
**Salad veggies (your choice) [D2]

DAIRY/DAIRY CASE

Eggs (14) [D2]
Heavy (whipping) cream (1/3 cup) [D3]
Sour cream (optional garnish) [D2]
Pepper Jack cheese (2 1/2 cups shredded plus optional garnish) [D2]
**Butter, unsalted [D3,D4,D5]

FREEZER

6 (6-oz.) snapper fillets (if not using fresh) [D5]
Whole kernel corn (2 cups) [D1]

OTHER

Large zipper-topped plastic bags [D3]

GLUTEN FREE

Chorizo [D2]
Vinegars [D3,D5]
Salsa (if using) [D2]
Chicken broth [D1]
Vegetable broth [D3,D4,D5]
Canned tomatoes [D1,D2]
Black beans [D1]
Flour [D3]
Arrowroot starch [D3,D5]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

DO-AHEAD TIP: Cook brown rice in time for dinner.

Tex-Mex Chicken with Brown Rice

Day 1 – Serves 6

INGREDIENTS:

6 (6-oz.) boneless skinless chicken breast halves	2 cups frozen whole kernel corn
2 (15-oz.) cans black beans, drained and rinsed	2 teaspoons ground cumin
3 cups low sodium chicken broth	2 tablespoons chili powder
2 (14.5 oz.) cans diced tomatoes with mild green chilies	6 cloves garlic, pressed
2 jalapenos, de-seeded and diced	1/4 teaspoon freshly ground black pepper
2 cups chopped yellow onion	1 cup chopped fresh cilantro
1 cup chopped green bell pepper	3 1/2 cups cooked brown rice



INSTRUCTIONS:

In a crock cooker, combine first 12 ingredients (chicken through black pepper); blend well. Cover and cook on LOW for 6 to 8 hours or on HIGH for 4 to 5 hours, or until chicken pulls apart easily. Remove chicken from slow cooker and shred with 2 forks; return to crock cooker along with cilantro; blend into crock cooker juices and heat through. Serve over hot rice.

NUTRITION per serving: 586 Calories; 5g Fat; 61g Protein; 74g Carbohydrate; 16g Dietary Fiber; 99mg Cholesterol; 1307mg Sodium. **Exchanges:** 4 Grain(Starch); 6 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fat. **Points:** 14

SERVING SUGGESTION: A relish tray of baby carrots, cherry tomatoes, jicama spears and whole black olives.

GLUTEN FREE: Make sure beans, broth and tomatoes are gluten free.

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Breakfast for Dinner Egg and Chorizo Casserole

Day 2 – Serves 8

INGREDIENTS:

1 tablespoon olive oil	14 eggs, beaten
1 pound chorizo, casings removed	1/2 cup canned diced tomatoes with mild green chilies
2 cups diced onion	2 1/2 cups shredded Pepper Jack cheese
1 cup diced green bell pepper	Optional Toppings: Shredded lettuce, diced avocado, salsa, sour cream, extra cheese
2 jalapenos, de-seeded and diced	
3 cloves garlic, pressed	



INSTRUCTIONS:

Coat a crock cooker with olive oil. In a skillet, brown chorizo until almost done. Stir in onions, bell pepper, jalapenos and garlic; cook until onions are translucent and peppers are just beginning to become tender. Drain and transfer mixture to a crock cooker. Add beaten eggs, tomatoes, and cheese; blend well. Cover and cook on LOW and for 6 to 8 hours or until casserole is firm to the touch. Serve with optional toppings, as desired.

NUTRITION per serving: 560 Calories; 43g Fat; 34g Protein; 8g Carbohydrate; 1g Dietary Fiber; 452mg Cholesterol; 1016mg Sodium. **Exchanges:** 4 1/2 Lean Meat; 1 Vegetable; 5 1/2 Fat. **Points:** 15

SERVING SUGGESTION: Serve a big salad on the side.

GLUTEN FREE: Make sure chorizo, canned tomatoes and salsa (if using) are gluten free.

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Apple Pork

Day 3 – Serves 8

INGREDIENTS:

1/2 cup diced onion	3 tablespoons flour
3 cloves garlic, pressed	1 teaspoon sea salt
1 cup sliced apples, peeled and cored	1 teaspoon freshly ground black pepper
2 teaspoons light brown sugar	1/2 cup low sodium vegetable broth
2 teaspoons dried sage	2 tablespoons white wine vinegar
1/4 teaspoon ground nutmeg	1 1/2 tablespoons cornstarch
1 (3-lb.) pork roast, trimmed and cut into 1-inch cubes	1/3 cup heavy (whipping) cream



INSTRUCTIONS:

Combine onion, garlic and apples in a crock cooker; sprinkle with brown sugar, sage and nutmeg. Place pork cubes in a large zipper-topped plastic bag; sprinkle with flour, salt and pepper then seal bag and shake to coat; arrange over apple mixture in crock cooker. In a small bowl or cup, combine vegetable broth and vinegar; pour over pork. Cover and cook on LOW for 7 or 8 hours. In a cup, combine cornstarch and cream until smooth; stir mixture into crock cooker. Cover and cook on HIGH until sauce is heated through and has reached desired thickness. Stir and serve immediately.

NUTRITION per serving: 324 Calories; 20g Fat; 27g Protein; 9g Carbohydrate; 1g Dietary Fiber; 98mg Cholesterol; 348mg Sodium. **Exchanges:** 1/2 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates. **Points:** 9

SERVING SUGGESTION: Mashed russet potatoes and steamed baby Brussels sprouts tossed with a little butter and ground nutmeg.

GLUTEN FREE: Use gluten free flour and make sure vinegar and broth are gluten free. Use arrowroot starch instead of cornstarch.

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DO-AHEAD TIP: Prepare split peas.

Split Pea and Lentil Soup

Day 4 - Serves 8

INGREDIENTS:

1 cup green split peas, rinsed, sorted and soaked according to package directions	4 cloves garlic, pressed
1 cup red lentils, rinsed and sorted, not soaked	1 teaspoon mustard seeds
8 cups low sodium vegetable broth	1 teaspoon ground cumin
1 cup cubed red potatoes	1 teaspoon dried sage
1/2 cup diced celery	1 teaspoon dried thyme
1 cup sliced carrots	5 bay leaves
1 cup diced onion	1 teaspoon sea salt
	1/2 teaspoon freshly ground black pepper



INSTRUCTIONS:

Combine all ingredients in a crock cooker; stir well. Cover and cook on LOW for 4 hours or on HIGH for 2 hours, or until peas and lentils are tender. Remove bay leaves before serving.

NUTRITION per serving: 252 Calories; 1g Fat; 25g Protein; 38g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 773mg Sodium. **Exchanges:** 2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fat. **Points:** 5

SERVING SUGGESTION: A big spinach salad and some crusty bread and butter.

GLUTEN FREE: Make sure vegetable broth is gluten free.

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DO-AHEAD TIP: Toast pecans.

Cranberry Pecan Snapper

Day 5 - Serves 6

INGREDIENTS:

1/4 cup dried cranberries

1/4 cup raisins

1/4 cup diced yellow onion

1/2 teaspoon light brown sugar

2 tablespoons balsamic vinegar

1/2 cup low sodium vegetable broth

1 teaspoon sea salt

1/2 teaspoon freshly ground black pepper

6 (6-oz.) snapper fillets, cubed

2 tablespoons cornstarch

2 tablespoons water

1/4 cup coarsely chopped pecans, lightly toasted



INSTRUCTIONS:

In a crock cooker, combine first 8 ingredients (cranberries through black pepper); stir well to combine. Arrange cubed snapper over fruit mixture. Cover and cook on LOW for 2 hours or on HIGH for 1 hour, or until fish flakes easily when tested with a fork. In a cup, combine cornstarch and water; stir mixture carefully into crock cooker juices. Cook on LOW for 5 to 10 minutes longer or until heated through. Serve immediately and top each serving with toasted pecans.

NUTRITION per serving: 241 Calories; 6g Fat; 36g Protein; 10g Carbohydrate; 1g Dietary Fiber; 63mg Cholesterol; 467mg Sodium. **Exchanges:** 0 Grain(Starch); 5 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Points: 6

SERVING SUGGESTION: Steamed new potatoes tossed with a little butter and dried dill. Add steamed green beans.

GLUTEN FREE: Make sure vinegar and broth are gluten free. Use arrowroot starch instead of cornstarch.

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Crock Cooker Club Volume 6 – Shopping List

Day 1: Easy Garlic Herb Chicken
Day 2: Easy Greek Meatballs
Day 3: Country Pulled Pork with Gravy
Day 4: Easy Bean Burritos
Day 5: Flounder with Orange Cream Sauce and Fettuccine

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

2 pounds 95% lean ground beef [D2]
1 (3-lb.) pork loin [D3]
3 pounds chicken pieces [D1]
2 1/2 pounds flounder fillets (or buy frozen) [D5]

CONDIMENTS

Olive oil [D3]
Worcestershire sauce [D3]
Salsa (1/2 cup) [D4]
Honey [D5]
**Red wine vinaigrette [D2]
**Salad dressing (your choice) [D4]

CANNED GOODS

Low sodium chicken broth (2 cups) [D3]
Low sodium vegetable broth (8 cups) [D4,D5]
1 (14.5-oz.) can diced tomatoes with mild green chilies [D4]
Tomato sauce (1 cup) [D2]
2 (15-oz.) cans black beans [D4]

SPICES

Sea salt [D1,D2,D3,D5]
Black peppercorns [D1,D2,D3,D5]
Basil [D1]
Thyme [D1,D3]
Oregano [D1,D2]
Dried parsley flakes [D2]
Dried lemon peel [D2]
Dried marjoram [D2]
Dried mint [D2]
Paprika [D2]
Sage [D3]
Chili powder [D4]
Ground cumin [D4]
Cayenne pepper [D4]

DRY GOODS

Cornstarch [D3]
Dry bread crumbs (1 cup) [D2]
Brown rice (3 cups cooked plus 2 cups uncooked) [D2,D4]
8 ounces Fettuccine pasta [D5]

PRODUCE

Onions (1/2 cup diced plus 1 cup minced) [D3,D5]
Garlic (18 cloves) [D1,D2,D3,D5]
Celery (1/4 cup diced) [D5]
Carrots (2 cups sliced) [D5]
Tomatoes (optional garnish) [D4]
Avocado (optional garnish) [D4]
Lettuce (not Iceberg, no nutrition) (optional garnish)
**Additional [D4]
Lemons (1/4 cup plus 2 tablespoons juice) [D2,D3]
Oranges (1 cup juice plus 1/2 teaspoon zest) [D5]
**Russet potatoes [D3]
**Sweet potatoes [D1]
**Red onion [D2]
**Baby carrots [D3,D4]
**Green beans [D3]
**Broccoli [D1]
**Asparagus [D5]
**Cherry tomatoes [D2]
**Cucumber [D2]
**Mixed baby greens [D2]
**Salad veggies (your choice) [D4]

DAIRY/DAIRY CASE

Butter, unsalted [D1]
Eggs (2) [D2]
Low fat sour cream (optional garnish) [D4]
Heavy (whipping) cream (3/4 cup) [D5]
Cheddar cheese (optional garnish) [D4]
**Feta cheese [D2]

FREEZER

2 1/2 pounds flounder fillets (if not using fresh) [D5]
Whole kernel corn (1/2 cup) [D4]

BAKERY

8 (8-inch) whole wheat tortillas [D4]

GLUTEN FREE

Worcestershire sauce [D3]
Salsa [D4]
Chicken broth [D3]
Vegetable broth [D4,D5]
Canned tomatoes [D4]
Tomato sauce [D2]
Black beans [D4]
Arrowroot starch [D3]
Bread crumbs OR bread [D2]
Tortillas [D4]
Pasta [D5]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Easy Garlic Herb Chicken

Day 1 – Serves 6

INGREDIENTS:

3 tablespoons unsalted butter, softened
1 tablespoon dried basil
1 tablespoon dried thyme
1 tablespoon dried oregano

6 cloves garlic, pressed
3 pounds chicken pieces
1 teaspoon sea salt
1 teaspoon freshly ground black pepper



INSTRUCTIONS:

In a small bowl or cup, combine butter, basil, thyme, oregano, and garlic until well blended; spread mixture evenly under the skin of the chicken pieces. Sprinkle the chicken with salt and pepper and place it in a crock cooker (no liquid is needed). Cover and cook on LOW for 6 to 8 hours or until juices run clear and chicken is tender.

NUTRITION per serving: 396 Calories; 29g Fat; 29g Protein; 3g Carbohydrate; 1g Dietary Fiber; 156mg Cholesterol; 425mg Sodium. **Exchanges:** 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 3 1/2 Fat. **Points:** 10

SERVING SUGGESTION: Baked sweet potatoes and steamed broccoli spears.

GLUTEN FREE: No changes necessary.

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DO-AHEAD TIP: Cook brown rice in time for dinner.

Easy Greek Meatballs

Day 2 – Serves 8

INGREDIENTS:

2 pounds 95% lean ground beef
1 cup dry bread crumbs
6 cloves garlic, pressed, divided
2 tablespoons dried parsley flakes
2 tablespoons dried lemon peel, divided
1/2 tablespoon plus 1 teaspoon dried marjoram, divided
1 tablespoon dried mint

1 teaspoon paprika
2 teaspoons sea salt, divided
1 1/2 teaspoons freshly ground black pepper, divided
2 eggs, beaten
1 cup tomato sauce
1 tablespoon dried oregano
1/4 cup lemon juice
3 cups cooked brown rice



INSTRUCTIONS:

In a large bowl, place ground beef, bread crumbs, 4 cloves of the pressed garlic, the parsley, half of the lemon peel, 1/2 tablespoon of the marjoram, the mint, the paprika, half of the salt, 1 teaspoon of the pepper and the eggs. Blend well then form into 1-inch meatballs and place them in a crock cooker. In a small bowl, whisk together tomato sauce, oregano, remaining spices, remaining garlic, and the lemon juice. Pour over meatballs in crock cooker. Cover and cook on LOW for 4 to 6 hours or on HIGH for 2 to 3 hours. Stir well and serve over hot brown rice.

NUTRITION per serving: 460 Calories; 5g Fat; 17g Protein; 32g Carbohydrate; 3g Dietary Fiber; 84mg Cholesterol; 826mg Sodium. **Exchanges:** 2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat. **Points:** 6

SERVING SUGGESTION: A big salad of mixed baby greens, sliced red onion and cucumber and halved cherry tomatoes, tossed with crumbled Feta cheese and red wine vinaigrette.

GLUTEN FREE: Use gluten free bread crumbs or make your own from gluten free bread. Make sure tomato sauce is gluten free.

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Country Pulled Pork with Gravy

Day 3 – Serves 8

INGREDIENTS:

2 cups low sodium chicken broth
2 tablespoons lemon juice
1 tablespoon Worcestershire sauce
4 cloves garlic, pressed
1 teaspoon dried thyme
1 teaspoon dried sage

1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1 (3-lb.) pork loin, trimmed
1 tablespoon olive oil
1 cup minced onion
3 tablespoons cornstarch
3 tablespoons water



INSTRUCTIONS:

In a medium bowl, combine broth, lemon juice and Worcestershire sauce; set aside. In a small bowl, combine garlic, thyme, sage, salt and black pepper; rub mixture over entire surface of pork loin. Heat the oil in a large skillet over medium-high heat; add pork and brown on all sides (about 30 seconds per side); transfer to a crock cooker. Carefully pour reserved broth mixture into the skillet and whisk up all of the browned bits from the bottom of the pan; immediately pour mixture into the crock cooker. Add onion and stir to combine. Cover and cook on LOW for 8 to 10 hours or on HIGH for 4 to 5 hours or until pork is fork-tender; transfer to a dish and keep warm. Pour remaining slow cooker liquid and onion into a bowl and skim off any fat. Measure 2 full cups of liquid, adding water, if needed and place in a small saucepan over medium heat. In a cup, combine cornstarch and water; stir into saucepan, bring to a boil and cook until gravy reaches desired thickness. Serve pork topped with onion gravy.

NUTRITION per serving: 197 Calories; 8g Fat; 25g Protein; 6g Carbohydrate; 1g Dietary Fiber; 53mg Cholesterol; 428mg Sodium. **Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates. **Points:** 5

SERVING SUGGESTION: Mashed russet potatoes, steamed baby carrots and steamed green beans.

GLUTEN FREE: Make sure chicken broth and Worcestershire sauce are gluten free. Use arrowroot starch instead of cornstarch.

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Easy Bean Burrito

Day 4 - Serves 8

INGREDIENTS:

7 cups low sodium vegetable broth, divided
2 cups uncooked brown rice
2 (15-oz.) cans black beans, drained and rinsed
1 (14.5-oz.) can diced tomatoes with mild green chilies
1/2 cup salsa
1/2 cup frozen whole kernel corn
2 teaspoons chili powder

1 teaspoon ground cumin
1/2 teaspoon cayenne pepper
8 (8-inch) whole wheat flour tortillas,
warmed
Optional toppings: Low fat sour cream,
diced avocado, shredded lettuce, chopped tomatoes,
grated Cheddar cheese



INSTRUCTIONS:

In a crock cooker, combine 6 cups of the broth and remaining ingredients, except tortillas and toppings. Cover and cook on HIGH for 3 hours and DO NOT remove the cover. At the end of 3 hours, check the rice by stirring and tasting. If necessary, add more broth and cover and cook for 30 minutes longer or until rice reaches desired level of doneness. Dish is done when liquid is absorbed and rice is no longer tough (but not sticky). Serve mixture wrapped in warm tortillas and garnished with desired toppings.

NUTRITION per serving: 473 Calories; 5g Fat; 24g Protein; 84g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 1244mg Sodium. **Exchanges:** 3 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fat. **Points:** 12

SERVING SUGGESTION: A big salad and a bowl of raw baby carrots.

GLUTEN FREE: Make sure vegetable broth, black beans, canned tomatoes, and salsa are gluten free. Use gluten free tortillas.

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DO-AHEAD TIP: Cook pasta in time for dinner.

Flounder with Orange Cream Sauce and Fettuccine

Day 5 - Serves 8

INGREDIENTS:

1/2 cup diced onion
1/4 cup diced celery
2 cloves garlic, pressed
2 cups sliced carrots
1 cup low sodium vegetable broth
1 cup orange juice
2 tablespoons honey

1/2 teaspoon orange zest
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
2 1/2 pounds flounder fillets, cut into 1-inch cubes
3/4 cup heavy (whipping) cream
8 ounces Fettuccine pasta, cooked



INSTRUCTIONS:

In a crock cooker, combine first 10 ingredients (onion through black pepper); blend well then gently stir in flounder cubes. Cover and cook on LOW for 2 hours or on HIGH for 1 hour or until fish flakes easily when tested with a fork. Stir in heavy cream and cook for 5 minutes longer or until heated through. Stir in pasta and heat through. Serve immediately.

NUTRITION per serving: 367 Calories; 11g Fat; 33g Protein; 34g Carbohydrate; 2g Dietary Fiber; 99mg Cholesterol; 440mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 9

SERVING SUGGESTION: Serve steamed asparagus on the side.

GLUTEN FREE: Make sure vegetable broth is gluten free. Use gluten free pasta.

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SAVING DINNER

with



Crock Cooker Club Volume 7

The Menus, Recipes and Instructions for
10 Delicious Crock Cooker Meals
to Bring Your Family Back to the Dinner Table

Crock Cooker Club Volume 7 – Shopping List

Day 1: Cheesy Beef "Hoagies"
Day 2: Creamy Fiesta Chicken
Day 3: Creamy Onion Pork Tenderloin
Day 4: Spinach and Potato Chowder
Day 5: Spicy Halibut with Potatoes and Leeks

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

1 pound 95% lean ground beef [D1]
1 pound pork tenderloin [D3]
1 1/2 pounds boneless skinless chicken breast meat [D2]
1 1/2 pounds halibut fillets (or buy frozen) [D5]

CONDIMENTS

Balsamic vinegar [D1]
Cider vinegar (if not using white wine) [D5]
Worcestershire sauce [D1]
Salsa (2 cups) [D2]
White wine (1 cup) (or white grape juice/cider vinegar) [D5]
Dry white wine (1/2 cup) (or low sodium vegetable broth) [D4]
**Mayonnaise [D1]
**Rice vinegar [D1]
**Salad dressing (your choice) [D2]
**Whole black olives [D4]

CANNED GOODS

Low sodium vegetable broth (5 1/2 cups plus 1/2 cup if not using dry white wine) [D3,D4,D5]
1 (14.5-oz.) can diced tomatoes [D1]
Crushed tomatoes (8 ounces) [D2]
Tomato sauce (8 ounces) [D1]
1 (15-oz.) can black beans [D2]
Whole kernel corn (16 ounces) [D2]
White grape juice (1 cup) (if not using white wine) [D5]
Evaporated milk (1 cup) [D3]

SPICES

Sea salt [D1,D3,D5]
Black peppercorns [D1,D3,D5]
Thyme [D1]
Chili powder [D2]
Ground cumin [D2]
Oregano [D3]
Basil [D3]
Marjoram [D3,D5]
Herbes de Provence [D4]
Crushed red pepper flakes [D4,D5]
Cayenne pepper [D5]

BAKERY

8 hot dog buns [D1]
**Crusty bread [D4]

PRODUCE

Onions (1 cup sliced plus 2 cups diced) [D1,D3,D4]
Yellow onions (1 cup chopped plus 1 cup diced) [D1,D2]
Garlic (20 cloves) [D1,D2,D3,D4,D5]
Leeks (1 cup chopped) [D5]
Russet potatoes (4 cups diced) [D4,D5]
Carrots (1 cup diced) **Additional [D4]
Celery (1 cup sliced) **Additional [D4,D5]
Green bell peppers (1 cup chopped) [D1]
White button mushrooms (1 cup sliced) [D3]
Spinach (1 cup chopped) [D4]
Cilantro (3 tablespoons chopped) [D2]
Limes (2 tablespoons juice) [D2]
**Sweet potatoes [D3]
**Baby carrots [D1]
**Broccoli [D3]
**Asparagus [D5]
**Cherry tomatoes [D4]
**Broccoli slaw [D1]
**Lettuce (not Iceberg, no nutrition) [D2]
**Salad veggies (your choice) [D2]

DAIRY/DAIRY CASE

Milk (1 cup) [D4]
1 (8-oz.) package light cream cheese [D2]
Cheddar cheese (1 cup shredded) (optional) [D4]
8 (1-oz.) slices Swiss cheese [D1]
**Butter, unsalted [D4]

FREEZER

1 1/2 pounds halibut fillets (if not using fresh) [D5]

DRY GOODS

Flour [D4]
Cornstarch [D3,D5]
Light brown sugar [D1]
**Brown rice [D2]

GLUTEN FREE

Vinegars [D1,D5]
Worcestershire sauce [D1]
Salsa [D2]
Wine [D4,D5]
Juice (if using) [D5]
Vegetable broth [D3,D4,D5]
Canned tomatoes [D1,D2]
Tomato sauce [D1]
Canned corn [D2]
Black beans [D2]
Flour [D4]
Arrowroot starch [D3,D5]
Hot dog buns [D1]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Cheesy Beef “Hoagies”

Day 1 – Serves 8

INGREDIENTS:

1 pound 95% lean ground beef
1 cup diced yellow onion
6 cloves garlic, pressed
1 cup chopped onion
1 cup chopped green bell pepper
1 (14.5-oz.) can diced tomatoes
8 ounces tomato sauce

1 tablespoon balsamic vinegar
2 tablespoons light brown sugar
2 tablespoons Worcestershire sauce
1 teaspoon dried thyme
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
8 lightly toasted hot dog buns
8 (1-oz.) slices Swiss cheese



INSTRUCTIONS:

Add all ingredients to slow cooker, except hot dog buns and cheese; blend well. Cover and cook on LOW for 6 to 8 hours. Give mixture a good stir then, using a slotted spoon, scoop a generous portion over each hot dog bun; top with a slice of cheese then serve.

NUTRITION per serving: 428 Calories; 12g Fat; 19g Protein; 36g Carbohydrate; 3g Dietary Fiber; 42mg Cholesterol; 782mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates. **Points:** 8

SERVING SUGGESTION: A big bowl of broccoli slaw (use a ready-made mix and toss with mayo and a little rice vinegar); add a bowl of raw baby carrots.

GLUTEN FREE: Make sure canned tomatoes, tomato sauce, vinegar and Worcestershire sauce are gluten free. Use gluten free buns.

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Creamy Fiesta Chicken

Day 2 – Serves 6

INGREDIENTS:

1 1/2 pounds boneless skinless chicken breast meat, cubed
3 cloves garlic, pressed
1 tablespoon chili powder
2 teaspoons ground cumin
3 tablespoons chopped cilantro
1 (15-oz.) can black beans, drained and rinsed

16 ounces whole kernel corn, drained and rinsed
8 ounces crushed tomatoes
1 cup chopped yellow onion
2 cups salsa
2 tablespoons lime juice
1 (8-oz.) package light cream cheese



INSTRUCTIONS:

Place all ingredients in a slow cooker, except cream cheese; blend well. Cover and cook on LOW for 8 to 10 hours. Thirty minutes before serving time, add cream cheese; cook for another 30 minutes; stir and serve.

NUTRITION per serving: 377 Calories; 10g Fat; 38g Protein; 36g Carbohydrate; 8g Dietary Fiber; 87mg Cholesterol; 1105mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 4 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates. **Points:** 9

SERVING SUGGESTION: Serve over brown rice; add a big salad on the side.

GLUTEN FREE: Make sure beans, corn, tomatoes, and salsa are gluten free.

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Creamy Onion Pork Tenderloin

Day 3 – Serves 6

INGREDIENTS:

1 pound pork tenderloin, trimmed and cut into 1-inch slices	1 teaspoon dried marjoram
3 cloves garlic, pressed	1 cup sliced white button mushrooms
1 teaspoon sea salt	1 cup sliced onion
1 teaspoon freshly ground black pepper	1 cup low sodium vegetable broth
1 tablespoon dried oregano	1 cup evaporated milk
2 teaspoons dried basil	1 tablespoon cornstarch
	1 tablespoon water



INSTRUCTIONS:

Place pork tenderloin in slow cooker; add garlic, salt, pepper, oregano, basil, and marjoram; turn to coat. Add mushrooms and onion then pour broth and evaporated milk over the top. Cover and cook on LOW for 6 to 8 hours or until pork is fork-tender. In a cup, combine cornstarch and water; stir into slow cooker and cook until thickened. Serve sauce over sliced pork.

NUTRITION per serving: 178 Calories; 6g Fat; 21g Protein; 10g Carbohydrate; 2g Dietary Fiber; 62mg Cholesterol; 484mg Sodium. **Exchanges:** 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 1/2 Fat. **Points:** 4

SERVING SUGGESTION: Baked sweet potatoes and steamed broccoli spears.

GLUTEN FREE: Make sure broth is gluten free and use arrowroot starch instead of cornstarch.

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Spinach and Potato Chowder

Day 4 - Serves 8

INGREDIENTS:

3 cups peeled and diced russet potatoes	1/2 cup dry white wine, or use low sodium vegetable broth
1 cup diced carrots	2 1/2 cups low sodium vegetable broth
1 cup diced onion	1/4 cup flour
4 cloves garlic, pressed	1 cup milk, scalded and cooled (but not cold!)
1 tablespoon Herbes de Provence	1 cup chopped fresh spinach
1/2 teaspoon crushed red pepper flakes	1 cup shredded Cheddar cheese, optional



INSTRUCTIONS:

Place first 8 ingredients (potatoes through broth) in slow cooker; stir to blend well. Cover and cook on HIGH for 1 to 2 hours or until potatoes are tender. In a small bowl, whisk together flour and milk till smooth (no lumps!); set aside. Stir spinach into soup until wilted then gradually stir in milk and flour mixture; stir until thickened. Garnish each serving with shredded cheese if desired.

NUTRITION per serving: 123 Calories; 1g Fat; 7g Protein; 19g Carbohydrate; 3g Dietary Fiber; 4mg Cholesterol; 192mg Sodium. **Exchanges:** 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 0 Fat. **Points:** 3

SERVING SUGGESTION: A relish tray of carrot and celery sticks, cherry tomatoes and whole black olives; add some crusty bread and butter.

GLUTEN FREE: Make sure wine and broth are gluten free. Use gluten free flour.

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Spicy Halibut with Potatoes and Leeks

Day 5 - Serves 6

INGREDIENTS:

4 cloves garlic, pressed	2 cups low sodium vegetable broth
2 teaspoons dried marjoram	1 cup chopped leeks
1/4 teaspoon cayenne pepper	1 cup sliced celery
1/4 teaspoon red pepper flakes	1 cup diced potatoes
1 teaspoon sea salt	1 1/2 pounds halibut fillets, cut into 2-inch pieces
1/2 teaspoon freshly ground pepper	2 tablespoons cornstarch
1 cup white wine, or use white grape juice with a splash of cider vinegar	2 tablespoons water



INSTRUCTIONS:

Place all ingredients in slow cooker, except halibut, cornstarch and water. Cover and cook on LOW for 4 to 6 hours or until vegetables are tender. Stir in halibut; cover and cook on HIGH for 15 to 20 minutes or until halibut flakes easily when tested with a fork. In a cup, combine cornstarch and water; stir mixture into slow cooker; allow mixture to thicken then serve.

NUTRITION per serving: 215 Calories; 3g Fat; 28g Protein; 12g Carbohydrate; 2g Dietary Fiber; 36mg Cholesterol; 572mg Sodium. **Exchanges:** 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Fat. **Points:** 4

SERVING SUGGESTION: Serve steamed asparagus on the side.

GLUTEN FREE: Make sure wine (or juice/vinegar) and broth are gluten free. Use arrowroot starch instead of cornstarch.

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Crock Cooker Club Volume 7 – Shopping List

Day 1: Creamy Thai Chicken Soup
Day 2: Easy French Dip Sandwiches
Day 3: Creamy Dijon Pork
Day 4: Meatless Lentil Crispy Tacos
Day 5: Shrimp in Mushroom Red Sauce with Angel Hair

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

1 pound beef roast [D2]
1 pound pork shoulder roast [D3]
1 1/2 pounds boneless skinless chicken breast meat [D1]
1 pound shrimp, peeled and deveined (or buy frozen) [D5]

CONDIMENTS

Olive oil [D3,D4]
Cider vinegar (if not using red wine) [D5]
Balsamic vinegar [D5]
Dijon mustard [D3]
Low sodium soy sauce [D2]
Worcestershire sauce [D2]
Horseradish sauce (optional) [D2]
Salsa (1 cup) [D4]
Dry white wine (1 cup) (or white grape juice) [D3]
Red wine (1/2 cup) (or red grape juice/cider vinegar) [D5]
**Honey-mustard salad dressing [D1]
**Salad dressing (your choice) [D2]
**Red wine vinaigrette [D5]

CANNED GOODS

Low sodium chicken broth (1 1/2 cups) [D1]
Low sodium beef broth (2 1/2 cups) [D2]
Low sodium vegetable broth (6 cups) [D3,D4]
Crushed tomatoes (16 ounces) [D5]
1 (6-oz.) can tomato paste [D5]
Coconut milk, unsweetened (1 1/2 cups) [D1]
Evaporated milk (1/2 cup) [D3]
White grape juice (1 cup) (if not using dry white wine) [D3]
Red grape juice (1/2 cup) (if not using red wine) [D5]
**Mandarin orange sections [D1]

SPICES

Sea salt [D5]
Black peppercorns [D5]
Cayenne pepper [D1,D4]
Herbes de Provence [D2]
Dry mustard [D3]
Marjoram [D3]
Chili powder [D4]
Ground cumin [D4]
Oregano [D4,D5]
Basil [D5]
**Ground nutmeg [D3]

DRY GOODS

Cornstarch [D3]
Lentils (1 cup) [D4]
8 ounces Angel Hair pasta [D5]
**Egg noodles [D3]

PRODUCE

Onions (2 cups chopped) [D3,D4]
Yellow onions (1 1/2 cups sliced) [D1,D2]
Red onions (1/2 cup diced) **Additional [D1,D5]
Garlic (18 cloves) [D1,D2,D3,D4,D5]
Green onions (2 tablespoons chopped) [D1]
White button mushrooms (2 1/2 cups sliced) [D1,D5]
Avocados (diced for optional garnish) **Additional [D4,D5]
Tomatoes (chopped for optional garnish) [D4]
Lettuce (not Iceberg, no nutrition) (shredded for optional garnish) [D4]
Cilantro (1 1/2 cups chopped) [D1,D4]
Lemon grass (2 tablespoons chopped) [D1]
Limes (2 tablespoons juice) [D1]
**Corn on the cob (or use frozen) [D4]
**Baby carrots [D4]
**Baby Brussels sprouts [D3]
**Spinach [D2]
**Mixed baby greens [D5]
**Romaine lettuce [D1]

DAIRY/DAIRY CASE

8 (1-oz.) slices Gruyere cheese [D2]
Cheddar cheese (shredded for optional garnish) [D4]
**Butter, unsalted [D3,D4]

FREEZER

1 pound shrimp, peeled and deveined (if not using fresh) [D5]
**Corn on the cob (if not using fresh) [D4]

BAKERY

8 French rolls [D2]
12 taco shells [D4]
**Sesame bread sticks [D1]

OTHER

Cheesecloth [D1]
Kitchen string [D1]

GLUTEN FREE

Vinegars [D5]
Mustard [D3]
Soy sauce [D2]
Worcestershire sauce [D2]
Horseradish sauce (if using) [D2]
Salsa [D4]
Wine (or juice) [D3]
Chicken broth [D1]
Beef broth [D2]
Vegetable broth [D3,D4]
Canned tomatoes [D5]
Tomato paste [D5]
Arrowroot starch [D3]
Pasta [D5]
French rolls [D2]
Taco shells [D4]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Creamy Thai Chicken Soup

Day 1 – Serves 6

INGREDIENTS:

2 tablespoons chopped lemon grass	4 cloves garlic, pressed
1 1/2 pounds boneless skinless chicken breast meat, cut into 1-inch strips	1 1/2 cups sliced white button mushrooms
1 1/2 cups low sodium chicken broth	1/2 cup sliced yellow onion
1 1/2 cups unsweetened coconut milk	2 tablespoons chopped green onion
2 tablespoons lime juice	1/4 teaspoon cayenne pepper
	1 cup chopped cilantro



INSTRUCTIONS:

Place chopped lemon grass in cheesecloth and tie with kitchen string. Add all ingredients to a slow cooker, except cilantro. Cover and cook on LOW for 6 to 8 hours or until chicken is fork-tender. Discard lemongrass packet, stir in chopped cilantro and serve.

NUTRITION per serving: 291 Calories; 16g Fat; 31g Protein; 7g Carbohydrate; 2g Dietary Fiber; 66mg Cholesterol; 216mg Sodium. **Exchanges:** 0 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat. **Points:** 8

SERVING SUGGESTION: A big salad of finely chopped Romaine lettuce, thinly sliced red onion and Mandarin orange sections, tossed with honey-mustard dressing. Add some sesame bread sticks.

GLUTEN FREE: Make sure broth is gluten free.

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Easy French Dip Sandwiches

Day 2 – Serves 8

INGREDIENTS:

1 pound beef roast, trimmed of all visible fat	1/4 cup low sodium soy sauce
6 cloves garlic, pressed	3 tablespoons Worcestershire sauce
1 tablespoon Herbes de Provence	8 (1-oz.) slices Gruyere cheese
1 cup sliced yellow onion	8 French rolls, split and lightly toasted
2 1/2 cups low sodium beef broth	Horseradish sauce, optional



INSTRUCTIONS:

Place first 7 ingredients (roast through Worcestershire sauce) in a slow cooker. Cover and cook on LOW for 6 to 8 hours. Shred beef with 2 forks and blend well into slow cooker juices. Using a slotted spoon, place shredded beef on toasted French rolls; top with a slice of Gruyere and a little horseradish sauce (if desired). Serve au jus from the slow cooker on the side for dipping.

NUTRITION per serving: 377 Calories; 20g Fat; 25g Protein; 24g Carbohydrate; 2g Dietary Fiber; 64mg Cholesterol; 726mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates. **Points:** 10

SERVING SUGGESTION: Serve a big spinach salad on the side.

GLUTEN FREE: Make sure broth, soy sauce, Worcestershire sauce and horseradish sauce (if using) are gluten free. Use gluten free French rolls.

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Creamy Dijon Pork

Day 3 – Serves 6

INGREDIENTS:

1 tablespoon olive oil
1 pound pork shoulder roast, trimmed of all visible fat
1 cup chopped onion
1 teaspoon dry mustard
1 tablespoon dried marjoram
2 cloves garlic, pressed

1 cup dry white wine, or use white grape juice
2 cups low sodium vegetable broth
1/2 cup evaporated milk
2 tablespoons Dijon mustard
1 teaspoon cornstarch
1 teaspoon water



INSTRUCTIONS:

Heat the oil in a large skillet over medium-high heat; add pork roast and brown roast on all sides; transfer to a slow cooker. Reduce skillet heat to medium then add onion and sauté until just becoming soft. Add dry mustard, marjoram and garlic; stir until fragrant (1 to 2 minutes). Add wine (or juice); bring to a boil and whisk up all of the browned bits from the bottom of the pan; pour over the roast in the slow cooker. Add broth and evaporated milk; stir to blend well. Cover and cook on LOW for 6 to 8 hours or until roast easily pulls apart with a fork. Shred pork with 2 forks then stir in Dijon mustard; blend well. In a cup, combine cornstarch and water; stir into sauce and cook until thickened.

NUTRITION per serving: 244 Calories; 14g Fat; 16g Protein; 7g Carbohydrate; 2g Dietary Fiber; 46mg Cholesterol; 297mg Sodium. **Exchanges:** 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates. **Points:** 6

SERVING SUGGESTION: Serve over hot egg noodles; add steamed baby Brussels sprouts tossed with a little butter and a dash of ground nutmeg.

GLUTEN FREE: Make sure wine (or juice), broth, and mustard are gluten free. Use arrowroot starch instead of cornstarch.

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Meatless Lentil Crispy Tacos

Day 4 - Serves 6

INGREDIENTS:

1 cup chopped onion
3 cloves garlic, pressed
1 teaspoon olive oil
1 cup dry lentils, rinsed
1 tablespoon chili powder
2 teaspoons ground cumin
1 teaspoon dried oregano
4 cups low sodium vegetable broth, divided
1/4 teaspoon cayenne pepper

1 cup salsa
1/2 cup chopped cilantro
12 taco shells, warmed

Optional toppings:

Diced avocado
Shredded lettuce
Chopped tomato
Shredded Cheddar cheese



INSTRUCTIONS:

Place onion, garlic, olive oil, lentils, chili powder, cumin, oregano, 2 cups broth, cayenne pepper, and salsa in slow cooker. Cover, and cook on LOW for 8 to 12 hours, stirring occasionally and adding more broth (1/4 to 1/2 cup at a time) as needed. When lentils are tender and all liquid is absorbed, stir in chopped cilantro. To serve, arrange a portion of lentil mixture in warmed taco shells and garnish with your choice of toppings.

NUTRITION per serving: 305 Calories; 8g Fat; 20g Protein; 43g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 649mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat. **Points:** 7

SERVING SUGGESTION: Serve buttered corn on the cob on the side; add a bowl of raw baby carrots.

GLUTEN FREE: Make sure broth, salsa and taco shells are gluten free.

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Crock Cooker Club – Volume 7

DO-AHEAD TIP: Prepare Angel Hair pasta in time for dinner.

Shrimp in Mushroom Red Sauce with Angel Hair

Day 5 - Serves 6

INGREDIENTS:

16 ounces crushed tomatoes	1 tablespoon dried basil
1/2 cup red wine, or use red grape juice with splash of cider vinegar	1 teaspoon dried oregano
2 tablespoons balsamic vinegar	1 teaspoon sea salt
1/2 cup diced red onion	1/4 teaspoon freshly ground black pepper
1 cup sliced white button mushrooms	1 pound shrimp, peeled and deveined
3 cloves garlic, pressed	1 (6-oz.) can tomato paste
	8 ounces Angel Hair pasta, prepared according to package directions



INSTRUCTIONS:

Place first 10 ingredients (tomatoes through black pepper) in a slow cooker; stir to blend well. Cover and cook on LOW for 4 to 6 hours. Stir in shrimp then adjust slow cooker heat setting to HIGH and cook for 15 more minutes or until shrimp are cooked through. Stir in tomato paste to thicken; heat through. Serve over hot pasta and enjoy!

NUTRITION per serving: 296 Calories; 2g Fat; 23g Protein; 43g Carbohydrate; 4g Dietary Fiber; 115mg Cholesterol; 766mg Sodium. **Exchanges:** 2 Grain(Starch); 2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 0 Fat. **Points:** 7

SERVING SUGGESTION: A big salad of mixed baby greens, sliced red onion and avocado, tossed with red wine vinaigrette.

GLUTEN FREE: Make sure canned tomatoes, wine (or juice/vinegar), vinegar and tomato paste are gluten free. Use gluten free pasta.

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SAVING DINNER

with



Crock Cooker Club Volume 8

The Menus, Recipes and Instructions for
10 Delicious Crock Cooker Meals
to Bring Your Family Back to the Dinner Table

Crock Cooker Club Volume 8 – Shopping List

Day 1: Easy Lemon Herb Chicken
Day 2: Dirty Rice with Beef Sausage
Day 3: Sweet and Tangy Onion Chops
Day 4: Veggie Pot Pie
Day 5: Chicken, Cheese, and Leek Stuffed Poblano Peppers

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

1 pound beef sausage [D2]
6 (4-oz.) boneless pork chops [D3]
4 pounds bone-in skin-on chicken pieces [D1]
1 1/2 pounds boneless skinless chicken breast meat [D5]

CONDIMENTS

Olive oil [D2,D3,D4]
Balsamic vinegar [D3]
Honey [D3]
**Whole black olives [D5]
**Salad dressing (your choice) [D4]

CANNED GOODS

Low sodium chicken broth (1 cup) [D5]
Low sodium beef broth (6 cups) [D2,D3]
Low sodium vegetable broth (2 1/2 cups) [D4]
1 (15-oz.) can kidney beans [D2]
2 (15-oz.) cans navy beans [D4]
1 (15-oz.) can black beans [D5]
Tomato sauce (2 cups) [D5]
1 (6-oz.) can tomato paste [D2]

SPICES

Sea salt [D1,D2,D4,D5]
Black peppercorns [D1,D2,D3,D4,D5]
Oregano [D1,D2,D3,D4,D5]
Rosemary [D1]
Basil [D1]
Thyme [D1]
Cayenne pepper [D2]
Dried parsley flakes [D2]
Celery salt [D3]
Marjoram [D4]
Crushed red pepper flakes [D5]

DRY GOODS

Flour [D3,D4]
Cornstarch [D3]
Baking powder [D4]
Baking soda [D4]
Cornmeal (1/2 cup) [D4]
Long grain rice (1 cup uncooked) [D2]
Brown rice (2 cups cooked) **Additional [D1,D5]

PRODUCE

Onions (3 cups sliced plus 1 cup chopped plus 1 cup diced) [D1,D2,D3]
Yellow onions (1/2 cup chopped) [D4]
Garlic (13 cloves) [D1,D2,D4,D5]
Leeks (1 cup chopped) [D5]
Russet potatoes (1 cup diced) **Additional [D3,D4]
Celery (1/2 cup diced) **Additional [D2,D5]
Carrots (1/2 cup chopped) **Additional [D4,D5]
Green bell peppers (1/2 cup chopped plus 1/2 cup diced) [D2,D4]
Red bell peppers (1/2 cup diced) [D2]
Poblano peppers (6) [D5]
Portabella mushrooms (1 cup sliced) [D5]
Lemons (1 whole plus 2 tablespoons juice) [D1,D4]
**Medley of baby carrots with broccoli and cauliflower florets [D3]
**Asparagus [D1]
**Jicama [D5]
**Cherry tomatoes [D5]
**Spinach [D4]
**Collard greens [D2]

DAIRY/DAIRY CASE

Milk (1/2 cup) [D4]
Sharp Cheddar cheese (1 cup shredded) [D5]
**Butter, unsalted [D2,D5]

FREEZER

Whole kernel corn (1 cup) [D4]

BAKERY

**Corn muffins [D2,D5]

OTHER

Large zipper-topped plastic bags [D3]

GLUTEN FREE

Beef sausage [D2]
Vinegar [D3]
Chicken broth [D5]
Beef broth [D2,D3]
Vegetable broth [D4]
Canned beans [D2,D4,D5]
Tomato sauce [D5]
Tomato paste [D2]
Flour [D3,D4]
Arrowroot starch [D3]
Baking powder [D4]
Baking soda [D4]
Cornmeal [D4]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Easy Lemon Herb Chicken

Day 1 – Serves 6

INGREDIENTS:

1 lemon, halved
4 pounds bone-in skin-on chicken pieces
1 cup chopped onion
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

1 tablespoon dried oregano
2 teaspoons dried rosemary, crushed
1 teaspoon dried basil
1 teaspoon dried thyme
3 cloves garlic, pressed



INSTRUCTIONS:

Squeeze the lemon over the top of the chicken pieces and rub the juice into all the skin. Place the squeezed lemon halves in a slow cooker along with the chopped onion. Season the chicken evenly with salt, pepper, oregano, rosemary, basil, thyme and garlic and place it on top of the lemon and onion in the slow cooker. Cover and cook on HIGH for 5 to 7 hours or until juices run clear and chicken is falling apart. Reserve broth for future use, if desired (discarding lemon halves) OR make a gravy with the broth.

NUTRITION per serving: 464 Calories; 31g Fat; 39g Protein; 5g Carbohydrate; 1g Dietary Fiber; 188mg Cholesterol; 461mg Sodium. **Exchanges:** 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat. **Points:** 12

SERVING SUGGESTION: Serve over brown rice; add steamed asparagus on the side.

GLUTEN FREE: No changes necessary.

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Dirty Rice with Beef Sausage

Day 2 – Serves 6

INGREDIENTS:

1 pound beef sausage
1 cup diced onion
1/2 cup diced green bell pepper
1/2 cup diced red bell pepper
1 cup diced celery
3 cups low sodium beef broth
1 cup uncooked long grain rice
3 cloves garlic, pressed

1 (15-oz.) can kidney beans, drained and rinsed, then covered with water
1 (6-oz.) can tomato paste
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 tablespoon dried oregano
1/4 teaspoon cayenne pepper
1 tablespoon dried parsley flakes



INSTRUCTIONS:

In a skillet over medium-high heat, brown and crumble beef sausage. When nearly done, add onion, bell peppers and celery; cook until beef is done and vegetables are becoming soft. Transfer to slow cooker and add remaining ingredients. Cover and cook on LOW for 4 to 6 hours or until liquid is absorbed and rice is done. Fluff and serve.

NUTRITION per serving: 442 Calories; 16g Fat; 25g Protein; 50g Carbohydrate; 6g Dietary Fiber; 49mg Cholesterol; 1715mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 2 1/2 Fat. **Points:** 11

SERVING SUGGESTION: Serve braised collard greens on the side; add some warmed, buttered corn muffins.

GLUTEN FREE: Make sure sausage, broth, beans and tomato paste are gluten free.

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Sweet and Tangy Onion Chops

Day 3 – Serves 6

INGREDIENTS:

2 tablespoons olive oil

1/4 cup flour

1 teaspoon celery salt

1/2 teaspoon freshly ground black pepper

6 (4-oz.) boneless pork chops

3 cups sliced onion

1 teaspoon dried oregano

3 cups low sodium beef broth, divided

1 teaspoon honey

2 tablespoons balsamic vinegar

2 tablespoons cornstarch

2 tablespoons water



INSTRUCTIONS:

Heat the olive oil in a large skillet over medium-high heat. Combine flour, celery salt, and pepper in a large zipper-topped plastic bag; add pork chops and shake well to coat. Shake off excess flour mixture from pork chops and brown them in the skillet (in two batches) for 2 to 3 minutes per side; transfer to a slow cooker. Add onion and oregano to the skillet and sauté for 1 minute or until onion is just beginning to soften; transfer to slow cooker. Remove skillet from the heat then add 1/2 cup of broth and whisk up all of the browned bits from the bottom of the pan; pour over pork chops in the slow cooker. In a small bowl, whisk together remaining broth, honey and vinegar; pour mixture over the pork chops. Cover and cook on LOW for 6 to 8 hours. In a cup, combine cornstarch and water; stir into slow cooker and cook until sauce has thickened. Serve pork chops with sweet and tangy onion sauce on top.

NUTRITION per serving: 253 Calories; 10g Fat; 27g Protein; 14g Carbohydrate; 1g Dietary Fiber; 51mg Cholesterol; 328mg Sodium. **Exchanges:** 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates. **Points:** 6

SERVING SUGGESTION: Mashed russet potatoes and steamed medley of baby carrots with broccoli and cauliflower florets.

GLUTEN FREE: Make sure broth and vinegar are gluten free and Use arrowroot starch instead of cornstarch. Use gluten free flour.

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Veggie Pot Pie

Day 4 - Serves 6

INGREDIENTS:

2 tablespoons olive oil, divided

1/2 cup chopped yellow onion

1/2 cup chopped carrots

1/2 cup chopped green bell pepper

1 cup peeled and diced russet potatoes

1 cup sliced Portabella mushrooms

1 cup frozen whole kernel corn

2 (15-oz.) cans navy beans, drained and rinsed

2 1/2 cups low sodium vegetable broth

3 cloves garlic, pressed

2 tablespoons lemon juice

2 teaspoons dried marjoram

1/2 teaspoon dried oregano

1 teaspoon sea salt

1/2 teaspoon freshly ground black pepper

1/2 cup cornmeal

1/2 cup flour

2 teaspoons baking powder

1/2 teaspoon baking soda

1/2 cup milk



INSTRUCTIONS:

Lightly coat a slow cooker with a little olive oil. Heat 1 teaspoon of olive the oil in a skillet over medium heat; add onion and carrot and sauté for 5 minutes or until softened; transfer to a slow cooker. Add bell pepper, potatoes, mushrooms, corn and navy beans. Stir in vegetable broth, garlic, lemon juice, marjoram, oregano, salt and pepper. Cover and cook on LOW for 4 hours, checking broth level and adding more (or water) as needed (1/4 cup at a time). Prepare crust: In a medium bowl, combine cornmeal, flour, baking powder and baking soda; blend well then add remaining oil with the milk; stir until just combined. Drop evenly on top of vegetable filling then adjust slow cooker heat control to HIGH and cook for 1 hour.

NUTRITION per serving: 379 Calories; 6g Fat; 20g Protein; 63g Carbohydrate; 12g Dietary Fiber; 3mg Cholesterol; 1450mg Sodium. **Exchanges:** 3 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates. **Points:** 9

SERVING SUGGESTION: Add a big spinach salad.

GLUTEN FREE: Make sure beans, broth, baking powder, and baking soda are gluten free. Use gluten free flour and cornmeal.

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Chicken, Cheese, and Leek Stuffed Poblano Peppers

Day 5 - Serves 8

INGREDIENTS:

1 1/2 pounds boneless skinless chicken breast meat, cubed	1 (15-oz.) can black beans, rinsed and drained
4 cloves garlic, pressed	2 cups tomato sauce
1 tablespoon dried oregano	1 cup low sodium chicken broth
1/2 teaspoon crushed red pepper flakes	2 cups cooked brown rice
1 teaspoon sea salt	6 poblano peppers, roasted
1/2 teaspoon freshly ground black pepper	1 cup shredded sharp Cheddar cheese
1 cup chopped leeks	



INSTRUCTIONS:

Place first 10 ingredients (chicken through broth) in a slow cooker; stir to blend well. Cover and cook on HIGH for 6 to 8 hours or until chicken is tender and cooked through. Cook brown rice according to package directions; set aside. Char the poblano peppers on all sides then remove the charred, waxy outer layers. Carefully make slits down the sides, seeding the peppers; rinse them to remove the inner membrane. With a slotted spoon, remove chicken and veggies from slow cooker and add to cooked rice. Stuff peppers with chicken/rice mixture and spoon some sauce over each. Top with shredded cheese and serve. If there is any chicken and rice mixture left, use the leftovers later for burritos!

NUTRITION per serving: 304 Calories; 7g Fat; 31g Protein; 30g Carbohydrate; 6g Dietary Fiber; 64mg Cholesterol; 983mg Sodium. **Exchanges:** 1 Grain(Starch); 3 1/2 Lean Meat; 2 Vegetable; 1/2 Fat. **Points:** 7

SERVING SUGGESTION: A relish tray of carrot, celery and jicama sticks, cherry tomatoes and whole black olives. Add some warmed, buttered corn muffins.

GLUTEN FREE: Make sure beans, tomato sauce and chicken broth are gluten free.

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Crock Cooker Club Volume 8 – Shopping List

Day 1: Cranberry Turkey Breast
Day 2: Slow Cooker Asian Pork "Stir Fry"
Day 3: Creamy Crab Stuffed Baked Potatoes
Day 4: Vegetable Curry with Quinoa
Day 5: Sweet and Spicy Asian-Style Pot Roast

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

1 1/2 pounds lean beef roast [D5]
2 pounds lean pork shoulder roast [D2]
1 (3-lbs.) boneless skinless turkey breast [D1]

CONDIMENTS

Olive oil [D1,D4,D5]
Rice wine vinegar [D2]
Dijon mustard [D3]
Worcestershire sauce [D3]
Low sodium soy sauce [D2,D5]
Honey [D5]
**Salad dressing (your choice) [D3]

CANNED GOODS

Low sodium beef broth (2 cups) [D5]
Low sodium vegetable broth (3/4 cup) [D1,D2]
1 (15-oz.) can chickpeas (garbanzo beans) [D4]
1 (14-oz.) can whole berry cranberry sauce [D1]

SPICES

Sea salt [D1,D3,D4]
Black peppercorns [D1,D3,D4]
Ground allspice [D1]
Crushed red pepper flakes [D2,D5]
Curry powder [D4]
Ground turmeric [D4]
Ground cardamom [D4]
Cayenne pepper [D4]

DRY GOODS

Cornstarch [D5]
Brown sugar (1/2 cup) [D2]
1 (8-oz.) package egg noodles [D5]
1 (8-oz.) package Udon noodles (may be found in Asian section of grocery store) [D2]
Quinoa (2 cups cooked) [D4]
**Almonds, slivered [D1]

PRODUCE

Onions (1 cup chopped) [D1,D4]
Garlic (17 cloves) **Additional [D1,D2,D3,D4,D5]
Baking potatoes (6 large) [D3]
Leeks (1/2 cup chopped) [D5]
Eggplant (3 cups cubed) [D4]
Green onions (1/2 cup plus 2 tablespoons chopped plus optional garnish) [D2,D3,D5]
Carrots (2 cups sliced) [D4,D5]
Red bell peppers (2 1/4 cups chopped) [D2,D3,D5]
Tomatoes (1 cup chopped) **Additional [D4]
Gingerroot (1 tablespoon plus 1 teaspoon grated) [D2,D5]
Spinach (2 cups chopped) **Additional [D3,D4]
Parsley (2 tablespoons minced) [D3]
Cilantro (1/4 cup chopped) [D4]
Limes (2 tablespoons juice plus 1 teaspoon zest) [D2,D4]
Oranges (2 tablespoons juice) [D5]
**New potatoes [D1]
**Green beans [D1]
**Zucchini [D2]
**Yellow squash [D2]
**Mushrooms [D2]
**Baby bok choy [D5]

DAIRY/DAIRY CASE

Low fat sour cream (2 tablespoons) [D3]
Low fat plain yogurt (1/2 cup) [D4]
1 (8-oz.) package low fat cream cheese [D3]
**Butter, unsalted [D1]

FREEZER

1 pound lump crab meat [D3]
1 (16-oz.) package snow peas [D2]
2 (8-oz.) packages baby corn [D2,D5]
1 (10-oz.) package chopped spinach [D3]
1 (8-oz.) package okra [D4]

GLUTEN FREE

Vinegar [D2]
Mustard [D3]
Worcestershire sauce [D3]
Soy sauce [D2,D5]
Beef broth [D5]
Vegetable broth [D1,D2]
Canned chickpeas (garbanzo beans) [D4]
Cranberry sauce [D1]
Curry powder [D4]
Arrowroot starch [D5]
Noodles [D2,D5]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Cranberry Turkey Breast

Day 1 – Serves 6

INGREDIENTS:

1 tablespoon olive oil
3 cloves garlic, pressed
1 tablespoon ground allspice
1 teaspoon sea salt

1/2 teaspoon freshly ground black pepper
1 (3-lb.) boneless skinless turkey breast
1/2 cup chopped onion
1/2 cup low sodium vegetable broth
1 (14-oz.) can whole berry cranberry sauce



INSTRUCTIONS:

Coat a slow cooker with olive oil. In a small bowl or cup, combine garlic, allspice, salt and pepper; rub mixture over the turkey breast. Combine onion, vegetable broth and cranberry sauce in slow cooker; place turkey breast on top. Cover and cook on LOW for 6 to 8 hours or until turkey is cooked through. Remove turkey breast from slow cooker to a cutting board and allow it to rest for 10 minutes before slicing. Stir sauce and serve over turkey.

NUTRITION per serving: 386 Calories; 4g Fat; 57g Protein; 28g Carbohydrate; 1g Dietary Fiber; 141mg Cholesterol; 488mg Sodium. **Exchanges:** 0 Grain(Starch); 7 Lean Meat; 1/2 Vegetable; 1/2 Fat; 1 1/2 Other Carbohydrates. **Points:** 9

SERVING SUGGESTION: Steamed new potatoes and steamed green beans tossed with a little butter and slivered almonds.

GLUTEN FREE: Make sure broth and cranberry sauce are gluten free.

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DO-AHEAD TIP: Prepare noodles in time for dinner.

Slow Cooker Asian Pork "Stir Fry"

Day 2 – Serves 6

INGREDIENTS:

2 pounds lean pork shoulder roast
1/2 cup low sodium soy sauce
2 tablespoons lime juice
1/4 cup low sodium vegetable broth
3 cloves garlic, pressed
1/2 cup brown sugar
2 tablespoons rice wine vinegar

1 teaspoon grated gingerroot
1/2 teaspoon crushed red pepper flakes
1 cup chopped red bell pepper
1 (16-oz.) package frozen snow peas
1 (8-oz.) package frozen baby corn
1/4 cup chopped green onions
1 (8-oz.) package Udon noodles, cooked



INSTRUCTIONS:

Place pork roast in a slow cooker. In a small bowl, whisk together soy sauce, lime juice, vegetable broth, garlic, brown sugar, vinegar, gingerroot and crushed red pepper flakes; pour mixture over roast. Place bell pepper, snow peas, baby corn and green onions around the roast in the slow cooker. Cover and cook on LOW for 6 to 8 hours or until roast pulls apart easily with a fork. Shred roast with 2 forks and blend with slow cooker juices. Serve over hot Udon noodles.

NUTRITION per serving: 400 Calories; 7g Fat; 27g Protein; 58g Carbohydrate; 5g Dietary Fiber; 91mg Cholesterol; 909mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates. **Points:** 10

SERVING SUGGESTION: Serve stir-fried zucchini, yellow squash and mushrooms on the side.

GLUTEN FREE: Make sure soy sauce, broth and vinegar are gluten free and use gluten free noodles.

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DO-AHEAD TIP: Bake potatoes in time for dinner.

Creamy Crab Stuffed Baked Potatoes

Day 3 – Serves 6

INGREDIENTS:

1 pound frozen lump crab meat
1 (8-oz.) package low fat cream cheese
3 cloves garlic, pressed
2 tablespoons chopped green onion, plus optional garnish
1/4 cup chopped red bell pepper
2 tablespoons minced fresh parsley
2 tablespoons low fat sour cream

1 tablespoon Dijon mustard
1 teaspoon Worcestershire sauce
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 (10-oz.) package frozen chopped spinach, thawed, well drained and patted dry
6 large baking potatoes, cooked through and split in half lengthwise



INSTRUCTIONS:

Place all ingredients, except baking potatoes, in a slow cooker; stir to blend well. Cover and cook on LOW for 2 to 3 hours. Stir crab meat mixture well to combine ingredients then serve over baked potatoes. Top with more chopped green onions, if you like, and enjoy!

NUTRITION per serving: 406 Calories; 8g Fat; 27g Protein; 56g Carbohydrate; 6g Dietary Fiber; 90mg Cholesterol; 927mg Sodium. **Exchanges:** 3 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates. **Points:** 10

SERVING SUGGESTION: Serve a big spinach salad on the side.

GLUTEN FREE: Make sure mustard and Worcestershire sauce are gluten free.

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DO-AHEAD TIP: Prepare quinoa in time for dinner.

Vegetable Curry with Quinoa

Day 4 - Serves 6

INGREDIENTS:

1/2 cup low fat plain yogurt
1/4 cup chopped cilantro
1 teaspoon lime zest
5 cloves garlic, pressed, divided
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
2 teaspoons olive oil
1/2 cup chopped onion
2 teaspoons curry powder
1/2 teaspoon ground turmeric

1/4 teaspoon ground cardamom
1/8 teaspoon cayenne pepper
3 cups peeled and cubed eggplant
1 cup chopped tomato
1 (8-oz.) package frozen okra
1 cup sliced carrots
1 (15-oz.) can chickpeas (garbanzo beans), drained and rinsed
2 cups chopped fresh spinach
2 cups prepared quinoa



INSTRUCTIONS:

In a small bowl, combine yogurt, cilantro, zest, 2 cloves of the pressed garlic, and the salt and pepper whisk together until well combined; cover and refrigerate until serving time. Heat the olive oil in a large skillet over medium heat; add chopped onion and sauté until it begins to soften (2 to 3 minutes). Add remaining 3 cloves of pressed garlic, the curry powder, turmeric, cardamom, and cayenne; cook and stir for 3 minutes or until fragrant. Remove from heat and transfer to a slow cooker; add eggplant, tomato, okra, carrots and chickpeas. Cover and cook on LOW for 5 to 6 hours. Give mixture a good stir then stir in chopped spinach; cook until wilted. Serve over prepared quinoa and top with yogurt sauce. Enjoy!

NUTRITION per serving: 232 Calories; 4g Fat; 9g Protein; 42g Carbohydrate; 8g Dietary Fiber; 1mg Cholesterol; 408mg Sodium. **Exchanges:** 2 Grain(Starch); 2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 Fat. **Points:** 6

SERVING SUGGESTION: Serve broiled tomatoes on the side.

GLUTEN FREE: Make sure curry powder and canned chickpeas are gluten free.

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DO-AHEAD TIP: Cook egg noodles in time for dinner.

Sweet and Spicy Asian-Style Pot Roast

Day 5 - Serves 6

INGREDIENTS:

1 1/2 pounds lean beef roast, cut into 1-inch cubes
1 cup sliced carrots
1/2 cup chopped leeks
1 cup chopped red bell pepper
1/4 cup chopped green onions
1 (8-oz.) package frozen baby corn
3 cloves garlic, pressed
2 cups low sodium beef broth

1/4 cup low sodium soy sauce
2 tablespoons honey
2 tablespoons orange juice
1 tablespoon grated gingerroot
1/2 teaspoon crushed red pepper flakes
3 tablespoons cornstarch
3 tablespoons water
1 (8-oz.) package egg noodles, prepared according to package directions



INSTRUCTIONS:

Place first 6 ingredients (beef through baby corn) in a slow cooker. In a medium bowl, whisk together garlic, broth, soy sauce, honey, orange juice, ginger, and crushed red pepper flakes; pour over roast. Cover and cook on LOW for 6 to 8 hours or until beef is falling apart and veggies are tender. Shred beef with 2 forks and blend with slow cooker juices. In a cup, combine cornstarch and water; add to slow cooker and cook until thickened. Serve over hot noodles and enjoy!

NUTRITION per serving: 505 Calories; 18g Fat; 34g Protein; 52g Carbohydrate; 3g Dietary Fiber; 105mg Cholesterol; 489mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates. **Points:** 13

SERVING SUGGESTION: Stir-fried baby bok choy (cut off the hard bottom piece and separate the leaves; rinse well and pat dry. Slice stalks and leaves crosswise; place stalks and leaves in separate bowls; set aside. Heat olive oil, pressed garlic and some crushed red pepper flakes (careful, they're hot!) in a large skillet; add bok choy stalks and sauté until tender-crisp; add sliced leaves and stir-fry till wilted).

GLUTEN FREE: Make sure broth and soy sauce are gluten free and use arrowroot starch instead of cornstarch. Use gluten free noodles.

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SAVING DINNER

with



Crock Cooker Club Volume 9

The Menus, Recipes and Instructions for
10 Delicious Crock Cooker Meals
to Bring Your Family Back to the Dinner Table

Crock Cooker Club Volume 9 – Shopping List

Day 1: Tex Mex Beef Lettuce Wraps

Day 2: Creamy Thai Chicken

Day 3: Orange Basil Pork Tenderloin

Day 4: Creamy Potato Kale Soup

Day 5: Italian-Style Salmon

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

- 1 pound 95% lean ground beef [D1]
- 1 pound pork tenderloin [D3]
- 1 1/2 pounds boneless skinless chicken breast meat [D2]
- Bacon (1/4 cup chopped) (optional) [D4]
- 1 1/2 pounds boneless salmon (or buy frozen) [D5]

CONDIMENTS

- Cider vinegar (if not using white wine) [D5]
- Balsamic vinegar [D3]
- Low sodium soy sauce [D2]
- Salsa (1 cup plus optional garnish) [D1]
- Dry white wine (1/2 cup) (or use low sodium vegetable broth) [D4]
- White wine (1 cup) (or use white grape juice/cider vinegar) [D5]
- **Whole black olives [D1]
- **Salad dressing (your choice) [D4]
- **Red wine vinaigrette [D5]

CANNED GOODS

- Low sodium vegetable broth (5 1/2 cups plus 1/2 cup if not using dry white wine) [D3,D4,D5]
- 1 (14.5-oz.) can crushed tomatoes [D1]
- 1 (15-oz.) can garbanzo beans [D2]
- Coconut milk, unsweetened (2 cups) [D2]
- White grape juice (1 cup if not using white wine) [D5]

SPICES

- Sea salt [D1,D3,D5]
- Black peppercorns [D1,D3,D5]
- Chili powder [D1]
- Ground cumin [D1]
- Basil [D4]
- Herbes de Provence [D5]

DAIRY/DAIRY CASE

- Milk (1 cup) [D4]
- Sour cream (for optional garnish) [D1]
- Pepper Jack cheese (optional garnish) [D1]
- Mozzarella cheese (1 cup shredded) (optional) [D4]
- **Butter, unsalted [D1,D4]

FREEZER

- 1 1/2 pounds boneless salmon (if not using fresh) [D5]
- **Corn on the cob (if not using fresh) [D1]

BAKERY

- **Whole grain rolls [D4]
- **Garlic bread sticks [D5]

PRODUCE

- Onions (1 cup sliced plus 2 cups chopped plus 1 cup diced) [D1,D3,D4,D5]
- Red onions (1 cup chopped) **Additional [D2,D5]
- Garlic (20 cloves) [D1,D2,D3,D4,D5]
- Red potatoes (3 cups diced) [D4]
- Carrots (1 cup diced) [D4]
- Zucchini (2 cups sliced) **Additional [D2,D5]
- Red bell peppers (1 cup chopped) [D1]
- Jalapenos (1 tablespoon diced) [D1]
- White button mushrooms (1 cup sliced) [D2]
- Tomatoes (1 cup chopped) [D5]
- Avocado (optional garnish) **Additional [D1,D5]
- Kale (2 cups chopped) [D4]
- Romaine lettuce (12 leaves) [D1]
- Cilantro (3 tablespoons chopped) [D2]
- Basil (2 tablespoons chopped leaves) [D3]
- Limes (2 tablespoons juice plus 1 teaspoon zest) [D2]
- Oranges (1 cup slices plus 1 cup juice) [D3]
- **Corn on the cob (or buy frozen) [D1]
- **Baby carrots [D1,D3]
- **Yellow squash [D2]
- **Green beans [D3]
- **Jicama [D1]
- **Cherry tomatoes [D1]
- **Snow peas [D2]
- **Mixed baby greens [D5]
- **Spinach [D4]

DRY GOODS

- Flour [D4]
- Cornstarch [D3,D5]
- Light brown sugar [D2]
- 1 (12-oz.) package Angel Hair pasta [D5]
- Basmati rice (3 cups cooked) (optional) [D2]
- Brown rice (3 cups cooked) (optional) [D3]

GLUTEN FREE

- Bacon (if using) [D4]
- Vinegars [D3,D5]
- Soy sauce [D2]
- Salsa [D1]
- Wines (if using) [D4,D5]
- Herbes de Provence [D5]
- Juice (if using) [D5]
- Vegetable broth [D3,D4,D5]
- Canned tomatoes [D1]
- Beans [D2]
- Arrowroot powder [D3,D5]
- Flour [D4]
- Pasta [D5]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Tex Mex Beef Lettuce Wraps

Day 1 – Serves 6

INGREDIENTS:

1 pound 95% lean ground beef
6 cloves garlic, pressed
1 cup chopped onion
1 cup chopped red bell pepper
1 (14.5-oz.) can crushed tomatoes
1 cup salsa, plus extra for optional garnish
1 tablespoon diced jalapeno
1 tablespoon chili powder

1 teaspoon ground cumin
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
12 Romaine lettuce leaves

Optional toppings:

Diced avocado
Sour cream
Shredded Pepper Jack cheese



INSTRUCTIONS:

Place first 11 ingredients (beef through pepper) in slow cooker; blend well. Cover and cook on LOW for 6 to 8 hours. When done, stir well then, using a slotted spoon, scoop mixture into lettuce leaves and wrap. Serve with desired toppings and enjoy!

NUTRITION per serving: 255 Calories; 2g Fat; 10g Protein; 14g Carbohydrate; 4g Dietary Fiber; 21mg Cholesterol; 630mg Sodium. **Exchanges:** 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 0 Fat. **Points:** 3

SERVING SUGGESTION: Buttered corn on the cob and a relish tray of baby carrots, jicama sticks, cherry tomatoes and whole black olives.

GLUTEN FREE: Make sure tomatoes and salsa are gluten free.

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DO-AHEAD TIP: Prepare rice in time for dinner, if desired.

Creamy Thai Chicken

Day 2 – Serves 6

INGREDIENTS:

1 1/2 pounds boneless skinless chicken breast meat, cubed
3 cloves garlic, pressed
2 tablespoons low sodium soy sauce
1 tablespoon light brown sugar
1 teaspoon lime zest
3 tablespoons chopped cilantro

1 (15-oz.) can garbanzo beans, drained and rinsed
1 cup chopped red onion
1 cup sliced white button mushrooms
2 cups unsweetened coconut milk
2 tablespoons lime juice
3 cups cooked Basmati rice, optional



INSTRUCTIONS:

Place all ingredients (except rice) in slow cooker; blend well. Cover and cook on LOW for 8 hours. Serve over Basmati rice, if desired, and enjoy!

NUTRITION per serving: 419 Calories; 21g Fat; 33g Protein; 26g Carbohydrate; 6g Dietary Fiber; 66mg Cholesterol; 500mg Sodium. **Exchanges:** 1 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 4 Fat; 0 Other Carbohydrates. **Points:** 11

SERVING SUGGESTION: Serve stir-fried zucchini, yellow squash and snow peas on the side.

GLUTEN FREE: Make sure soy sauce and beans are gluten free.

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DO-AHEAD TIP: Prepare rice in time for dinner, if desired.

Orange Basil Pork Tenderloin

Day 3 – Serves 4

INGREDIENTS:

1 pound pork tenderloin, trimmed and cut into 1-inch slices	2 tablespoons chopped fresh basil leaves
1 cup sliced onion	2 tablespoons balsamic vinegar
1 cup orange slices, seeds removed	1 cup low sodium vegetable broth
3 cloves garlic, pressed	1 cup orange juice
1 teaspoon sea salt	1 tablespoon cornstarch
1 teaspoon freshly ground black pepper	1 tablespoon water
	3 cups cooked brown rice, optional



INSTRUCTIONS:

Place first 10 ingredients (pork through juice) in slow cooker. Cover and cook on LOW for 6 to 8 hours or until pork is fork-tender. In a cup, combine cornstarch and water; stir into sauce then raise slow cooker heat setting to HIGH and cook for 10 more minutes or until thickened. When done, serve sliced tenderloin and sauce over brown rice, if desired.

NUTRITION per serving: 222 Calories; 4g Fat; 28g Protein; 18g Carbohydrate; 3g Dietary Fiber; 74mg Cholesterol; 659mg Sodium. **Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1 Fruit; 0 Fat. **Points:** 5

SERVING SUGGESTION: Serve steamed green beans and baby carrots on the side.

GLUTEN FREE: Make sure vinegar and broth are gluten free. Use arrowroot powder instead of cornstarch.

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DO-AHEAD TIP: Prepare milk and bacon (if desired).

Creamy Potato Kale Soup

Day 4 - Serves 6

INGREDIENTS:

3 cups diced red potatoes	1/2 cup dry white wine, or use additional vegetable broth
1 cup diced carrots	1 cup milk, scalded and cooled (not cold!)
1 cup diced onion	1/4 cup flour
4 cloves garlic, pressed	2 cups chopped kale
1 tablespoon dried basil	1 cup shredded Mozzarella cheese, optional
2 1/2 cups low sodium vegetable broth	1/4 cup chopped bacon, optional, cooked



INSTRUCTIONS:

Place first 7 ingredients (potatoes through wine) in slow cooker; blend well. Cover and cook on HIGH for 1 to 2 hours or until potatoes are tender. In a small bowl, gradually whisk milk into flour until smooth (no lumps!); set aside. Add kale to soup, stirring until wilted. Stir in milk/flour mixture until thickened. Serve soup garnished with cheese and chopped bacon if desired.

NUTRITION per serving: 173 Calories; 2g Fat; 10g Protein; 28g Carbohydrate; 5g Dietary Fiber; 6mg Cholesterol; 260mg Sodium. **Exchanges:** 1 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat. **Points:** 4

SERVING SUGGESTION: A big spinach salad and some whole grain rolls and butter.

GLUTEN FREE: Make sure broth, wine and bacon (if using) are gluten free. Use gluten free flour.

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DO-AHEAD TIP: Prepare pasta in time for dinner.

Italian-Style Salmon

Day 5 - Serves 6

INGREDIENTS:

4 cloves garlic, pressed	2 cups thickly sliced zucchini
2 teaspoons Herbes de Provence	1 cup chopped tomatoes
1 teaspoon sea salt	1 1/2 pounds boneless salmon, cut into 2-inch pieces
1/2 teaspoon freshly ground black pepper	2 tablespoons cornstarch
1 cup white wine, or use white grape juice with a splash of cider vinegar	2 tablespoons water
2 cups low sodium vegetable broth	1 (12-oz.) package Angel Hair pasta, prepared according to package directions
1 cup chopped onion	



INSTRUCTIONS:

Place first 9 ingredients (garlic through tomatoes) in slow cooker. Cover and cook on LOW for 4 to 6 hours or until vegetables are tender. Stir in salmon; cover and cook on HIGH for 15 to 20 minutes or until fish flakes easily when tested with a fork. In a cup, combine cornstarch and water; stir into broth and allow it to thicken. Serve over pasta.

NUTRITION per serving: 423 Calories; 5g Fat; 35g Protein; 51g Carbohydrate; 4g Dietary Fiber; 59mg Cholesterol; 575mg Sodium. **Exchanges:** 3 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fat. **Points:** 10

SERVING SUGGESTION: A big salad of mixed baby greens, sliced red onion and avocado, tossed with red wine vinaigrette. Add garlic bread sticks.

GLUTEN FREE: Make sure Herbes de Provence, wine (or juice/vinegar), and broth are gluten free. Use arrowroot powder instead of cornstarch and use gluten free pasta.

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Crock Cooker Club Volume 9 – Shopping List

Day 1: Easy Asian-Style Chicken with Baby Bok Choy

Day 2: Pineapple and Soy Glazed Ham

Day 3: Creamy Dijon Vegetable Stew

Day 4: Spicy Beef Tacos

Day 5: Shrimp Gumbo

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

1 pound 95% lean ground beef [D4]

1 pound boneless ham – not smoked or with marinade, just plain [D2]

1 1/2 pounds boneless skinless chicken breast meat [D1]

1 pound large shrimp, peeled and deveined (or buy frozen) [D5]

CONDIMENTS

Olive oil [D2,D3,D4]

Cider vinegar [D2,D3]

Dijon mustard [D3]

Low sodium soy sauce (6 tablespoons) [D1,D2]

Salsa (1 cup) [D4]

Dry white wine (1 cup) (or use low sodium vegetable broth) [D3]

**Whole black olives [D4]

**Honey [D3]

CANNED GOODS

Low sodium chicken broth (1 1/2 cups) [D1]

Low sodium beef broth (2 cups) [D4]

Low sodium vegetable broth (3 cups plus 1 cup if not using dry white wine) [D2,D3,D5]

1 (14.5-oz.) can crushed tomatoes [D5]

Tomato sauce (1 cup) [D5]

1 (6-oz.) can tomato paste [D5]

1 (15-oz.) can kidney beans [D3]

1 (15-oz.) can crushed pineapple [D2]

Coconut milk, unsweetened (1 1/2 cups) [D1]

SPICES

Sea salt [D5]

Black peppercorns [D5]

Cayenne pepper [D1,D4]

Allspice [D2]

Herbes de Provence [D3]

Chili powder [D4]

Ground cumin [D4]

Basil [D5]

Oregano [D5]

Crushed red pepper flakes [D5]

DRY GOODS

Flour [D3]

Cornstarch [D3]

Light brown sugar [D1,D2]

Brown rice (3 cups cooked) **Additional [D1,D5]

BAKERY

12 taco shells [D4]

**Whole grain rolls [D3]

PRODUCE

Onions (2 cups chopped plus 1 cup diced) [D1,D3,D4,D5]

Garlic (16 cloves) [D1,D2,D3,D4,D5]

Green onions (2 tablespoons chopped) [D1]

Celery (1/2 cup chopped) **Additional [D3,D4]

Portabella mushrooms (1 cup sliced) [D3]

Jalapeno (1 tablespoon diced plus optional garnish) [D2,D4]

Avocado (optional garnish) [D4]

Tomatoes (optional garnish) [D4]

Baby bok choy (1 1/2 cups chopped) [D1]

Lettuce (not iceberg, no nutrition) (for optional garnish) [D4]

Cilantro (1 1/2 cups plus 2 tablespoons chopped) [D1,D4]

Limes (2 tablespoons juice plus 1 tablespoon zest) [D1]

**Sweet potatoes [D2]

**Cabbage [D2]

**Corn on the cob (or buy frozen) [D4]

**Baby carrots [D4]

**Jicama [D4]

**Cherry tomatoes [D4]

**Shiitake mushrooms [D1]

**Snow peas [D1]

**Collard greens [D5]

**Pears [D3]

DAIRY/DAIRY CASE

Milk (1/2 cup) [D3]

Cheddar cheese (shredded for optional garnish) [D4]

**Butter, unsalted [D3,D4]

FREEZER

1 pound large shrimp, peeled and deveined (if not using fresh) [D5]

Mixed vegetables with okra (2 cups) [D5]

**Corn on the cob (if not using fresh) [D4]

GLUTEN FREE

Ham [D2]

Vinegar [D2,D3]

Mustard [D3]

Soy sauce [D1,D2]

Salsa [D4]

Wine (if using) [D3]

Chicken broth [D1]

Beef broth [D4]

Vegetable broth [D2,D3,D5]

Canned tomatoes [D5]

Tomato sauce [D5]

Tomato paste [D5]

Kidney beans [D3]

Herbes de Provence [D3]

Flour [D3]

Arrowroot powder [D3]

Taco shells [D4]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Easy Asian-Style Chicken with Baby Bok Choy

Day 1 – Serves 6

INGREDIENTS:

1 1/2 pounds boneless skinless chicken breast meat, cut into 1-inch strips	4 cloves garlic, pressed
1 1/2 cups low sodium chicken broth	1/2 cup diced onion
1 1/2 cups unsweetened coconut milk	1 tablespoon lime zest
2 tablespoons low sodium soy sauce	2 tablespoons chopped green onion
2 tablespoons lime juice	1/4 teaspoon cayenne pepper
1 tablespoon light brown sugar	1 cup chopped cilantro
	1 1/2 cups chopped baby bok choy



INSTRUCTIONS:

Place all ingredients, except cilantro and baby bok choy, in slow cooker. Cover and cook on LOW for 6 to 8 hours or until chicken is fork-tender. Stir in cilantro and baby bok choy; cook until baby bok choy has wilted.

NUTRITION per serving: 298 Calories; 16g Fat; 31g Protein; 9g Carbohydrate; 2g Dietary Fiber; 66mg Cholesterol; 427mg Sodium. **Exchanges:** 0 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.

Points: 8

SERVING SUGGESTION: Serve over brown rice. Add stir-fried shiitake mushrooms and snow peas on the side.

GLUTEN FREE: Make sure broth and soy sauce are gluten free.

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Pineapple and Soy Glazed Ham

Day 2 – Serves 6

INGREDIENTS:

1 pound boneless ham - not smoked or with marinade, just plain	2 tablespoons light brown sugar
1 (15-oz.) can crushed pineapple	2 tablespoons cider vinegar
1/2 cup low sodium vegetable broth	3 cloves garlic, pressed
1/4 cup low sodium soy sauce	1 teaspoon allspice
	1 tablespoon diced jalapeno



INSTRUCTIONS:

Place ham in slow cooker. In a small bowl, combine remaining ingredients; pour mixture over ham. Cover and cook on LOW for 6 to 8 hours. Slice ham and serve with sauce over the top.

NUTRITION per serving: 206 Calories; 8g Fat; 15g Protein; 19g Carbohydrate; 1g Dietary Fiber; 43mg Cholesterol; 1442mg Sodium. **Exchanges:** 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Points: 5

SERVING SUGGESTION: Baked sweet potatoes and braised cabbage.

GLUTEN FREE: Make sure ham, broth, soy sauce and vinegar are gluten free.

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DO-AHEAD TIP: Prepare milk.

Creamy Dijon Vegetable Stew

Day 3 – Serves 6

INGREDIENTS:

1 (15-oz.) can kidney beans, drained and rinsed	1 tablespoon cider vinegar
1 tablespoon olive oil	2 cups low sodium vegetable broth
1 cup chopped onion	1 cup dry white wine, or use additional vegetable broth
1/2 cup chopped celery	1/2 cup milk, scalded and cooled (not cold!)
1 cup sliced portabella mushrooms	2 tablespoons Dijon mustard
1 tablespoon Herbes de Provence	1 teaspoon cornstarch
3 cloves garlic, pressed	1 teaspoon water
1 teaspoon flour	



INSTRUCTIONS:

Combine first 12 ingredients (beans through milk) in slow cooker; blend well. Cover and cook on LOW for 6 to 8 hours. Stir in Dijon mustard until combined. In a cup, combine cornstarch and water; stir into sauce until thickened.

NUTRITION per serving: 167 Calories; 4g Fat; 10g Protein; 19g Carbohydrate; 5g Dietary Fiber; 3mg Cholesterol; 507mg Sodium. **Exchanges:** 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates. **Points:** 4

SERVING SUGGESTION: Serve honey-drizzled sliced pears on the side; add whole grain rolls and butter.

GLUTEN FREE: Make sure beans, Herbes de Provence, vinegar, broth, wine (if using) and mustard are gluten free. Use arrowroot powder instead of cornstarch. Use gluten free flour.

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Spicy Beef Tacos

Day 4 - Serves 6

INGREDIENTS:

1 pound 95% lean ground beef	1 cup salsa
1 cup chopped onion	12 taco shells, warmed
3 cloves garlic, pressed	
1 teaspoon olive oil	Optional toppings:
1 tablespoon chili powder	Diced avocado
2 teaspoons ground cumin	Shredded lettuce
1/4 teaspoon cayenne pepper	Chopped tomato
1/2 cup plus 2 tablespoons chopped cilantro, divided	Diced jalapenos
2 cups low sodium beef broth	Shredded Cheddar cheese



INSTRUCTIONS:

Place first 7 ingredients (beef through cayenne) in the slow cooker along with 2 tablespoons of the cilantro, the broth and the salsa. Cover and cook on LOW for 8 hours or until beef is cooked through. Stir in remaining cilantro and, using a slotted spoon, serve mixture in taco shells with desired toppings.

NUTRITION per serving: 370 Calories; 9g Fat; 14g Protein; 24g Carbohydrate; 4g Dietary Fiber; 21mg Cholesterol; 336mg Sodium. **Exchanges:** 1 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat. **Points:** 6

SERVING SUGGESTION: Buttered corn on the cob and a relish tray of baby carrots, celery and jicama sticks, cherry tomatoes and whole black olives.

GLUTEN FREE: Make sure broth, salsa and taco shells are gluten free.

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DO-AHEAD TIP: Make rice in time for dinner.

Shrimp Gumbo

Day 5 - Serves 6

INGREDIENTS:

1 (14.5-oz.) can crushed tomatoes	1 teaspoon dried oregano
1 cup tomato sauce	1/4 teaspoon crushed red pepper flakes
1/2 cup low sodium vegetable broth	1 teaspoon sea salt
1/2 cup diced onion	1/4 teaspoon freshly ground black pepper
2 cups frozen mixed vegetables with okra	1 pound large shrimp, peeled and deveined
3 cloves garlic, pressed	1 (6-oz.) can tomato paste
1 tablespoon dried basil	3 cups cooked brown rice



INSTRUCTIONS:

Place first 11 ingredients (crushed tomatoes through black pepper) in slow cooker; blend well. Cover and cook on LOW for 4 to 6 hours. Stir in shrimp then raise slow cooker heat setting to HIGH and cook for 15 more minutes or until shrimp are opaque. Stir in tomato paste to thicken; heat through then serve over prepared rice and enjoy!

NUTRITION per serving: 300 Calories; 3g Fat; 24g Protein; 48g Carbohydrate; 8g Dietary Fiber; 115mg Cholesterol; 1060mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 4 1/2 Vegetable; 0 Fat. **Points:** 8

SERVING SUGGESTION: Serve steamed collard greens on the side.

GLUTEN FREE: Make sure tomatoes, tomato sauce, broth and tomato paste are gluten free.

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SAVING DINNER

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Crock Cooker Club Volume 10

The Menus, Recipes and Instructions for
10 Delicious Crock Cooker Meals
to Bring Your Family Back to the Dinner Table

Crock Cooker Club Volume 10 – Shopping List

Day 1: Rosemary Citrus Chicken

Day 2: Cajun Beef Stew

Day 3: Honey Balsamic Pork Tenderloin

Day 4: Southwestern Style Slow Cooker Veggie Pot Pie

Day 5: Slow Cooker Asian Shrimp "Stir-Fry"

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

1 pound extra lean ground beef [D2]

1 1/2 pounds pork tenderloin [D3]

3 pounds bone-in chicken pieces [D1]

1 1/2 pounds large shrimp, peeled and deveined (or buy frozen) [D5]

CONDIMENTS

Olive oil [D4]

Balsamic vinegar [D3]

Rice wine vinegar [D5]

Salsa (3/4 cup) [D4]

Low sodium soy sauce (1/4 cup) [D5]

Honey (1/4 cup) [D3]

Dry white wine (1 cup) (or use low sodium vegetable broth) [D3]

**Salad dressing(s) (your choice) [D4,D5]

CANNED GOODS

Low sodium beef broth (3 cups) [D2]

Low sodium vegetable broth (6 cups plus 1 cup if not using dry white wine) [D3,D4,D5]

Tomato sauce (1 cup) [D2]

1 (6-oz.) can tomato paste [D2]

1 (15-oz.) can kidney beans [D2]

2 (15-oz.) cans black beans [D4]

SPICES

Sea salt [D1,D2,D3,D4]

Black peppercorns [D1,D2,D3,D4]

Rosemary [D1]

Oregano [D2]

Cayenne pepper [D2]

Thyme [D3]

Chili powder [D4]

Ground cumin [D4]

Crushed red pepper flakes [D5]

DAIRY/DAIRY CASE

Milk (1/2 cup) [D4]

**Butter, unsalted [D4]

FREEZER

1 1/2 pounds large shrimp, peeled and deveined (if not using fresh) [D5]

Snow peas (16 ounces) [D5]

Baby corn (8 ounces) [D5]

Whole kernel corn (1 cup) [D4]

PRODUCE

Onions (3 cups sliced plus 1 1/2 cups chopped plus 1 cup diced) [D1,D2,D3,D4]

Garlic (15 cloves) [D1,D2,D3,D4,D5]

Red potatoes (1 cup diced) [D4]

Leeks (1 cup chopped) [D2]

Green onions (1/4 cup chopped) [D5]

Celery (1 cup diced) [D2]

Red bell peppers (1 1/2 cups chopped plus 1 cup diced) [D2,D4,D5]

Portabella mushrooms (1 cup sliced) [D4]

Gingerroot (1 teaspoon grated) [D5]

Lemons (1) [D1]

Limes (1 whole plus 2 tablespoons juice and 1/2 teaspoon zest) [D1,D5]

Oranges (1) [D1]

**Sweet potatoes [D2]

**Baby carrots [D1]

**Butternut squash [D3]

**Baby Brussels sprouts [D3]

**Asparagus [D1]

**Collard greens [D2]

**Spinach [D5]

**Lettuce (not Iceberg, no nutrition) [D4]

**Salad veggies (your choice) [D4]

DRY GOODS

Flour (1/2 cup) [D4]

Cornstarch [D1,D3,D5]

Cornmeal (1/2 cup) [D4]

Baking powder [D4]

Baking soda [D4]

Brown sugar (1/2 cup) [D5]

Brown rice (4 1/2 cups cooked) [D1,D2]

1 (8-oz.) package Asian rice noodles [D5]

BAKERY

**Corn muffins [D4]

GLUTEN FREE

Vinegars [D3,D5]

Soy sauce [D5]

Salsa [D4]

Wine (if using) [D3]

Beef broth [D2]

Vegetable broth [D3,D4,D5]

Tomato sauce [D2]

Tomato paste [D2]

Canned beans [D2,D4]

Flour [D4]

Arrowroot starch [D1,D3,D5]

Cornmeal [D4]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

DO-AHEAD TIP: Prepare rice in time for dinner.

Rosemary Citrus Chicken

Day 1 – Serves 6

INGREDIENTS:

1 lemon, halved and seeded
1 orange, halved and seeded
1 lime, halved and seeded
1 cup chopped onion
3 cloves garlic, pressed
3 pounds bone-in chicken pieces

1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
2 tablespoons dried rosemary, crushed
2 tablespoons cornstarch
2 tablespoons water
3 cups cooked brown rice



INSTRUCTIONS:

Place chicken in slow cooker, squeeze half of each fruit (lemon, orange and lime) over the top, then cut remaining halves in half again and place some in the bottom of the slow cooker along with the onion and garlic, layer the chicken on top and nestle the remaining fruit between the chicken pieces. Season the chicken evenly with salt, pepper and rosemary. Cover and cook on HIGH for 5 to 7 hours or until chicken is falling apart. In a small bowl or cup, combine cornstarch and water; stir into slow cooker juices and cook for 15 minutes or until thickened. Serve over hot brown rice.

NUTRITION per serving: 305 Calories; 6g Fat; 29g Protein; 34g Carbohydrate; 3g Dietary Fiber; 107mg Cholesterol; 428mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Fat. **Points:** 8

SERVING SUGGESTION: Steamed asparagus and steamed baby carrots.

GLUTEN FREE: Use arrowroot starch instead of cornstarch.

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DO-AHEAD TIP: Cook rice in time for dinner.

Cajun Beef Stew

Day 2 – Serves 6

INGREDIENTS:

1 pound extra lean ground beef
1 cup diced onion
1 cup diced red bell pepper
1 cup diced celery
1 cup chopped leeks
3 cups low sodium beef broth
3 cloves garlic, pressed

1 (15-oz.) can kidney beans, drained and rinsed
1 cup tomato sauce
1 (6-oz.) can tomato paste
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 tablespoon dried oregano
1/4 teaspoon cayenne pepper
1 1/2 cups cooked brown rice



INSTRUCTIONS:

Combine all ingredients except rice in slow cooker; stir well. Cover and cook on LOW for 4 to 6 hours or until beef is done. Stir well, then stir in cooked rice and heat through. Serve immediately.

NUTRITION per serving: 384 Calories; 14g Fat; 27g Protein; 39g Carbohydrate; 7g Dietary Fiber; 52mg Cholesterol; 1123mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 3 Lean Meat; 3 Vegetable; 1 1/2 Fat. **Points:** 10

SERVING SUGGESTION: Baked sweet potatoes and steamed collard greens.

GLUTEN FREE: Make sure broth, beans, tomato sauce and tomato paste are gluten free.

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Honey Balsamic Pork Tenderloin

Day 3 – Serves 6

INGREDIENTS:

1 1/2 pounds pork tenderloin, cut into 1-inch cutlets	2 cups low sodium vegetable broth
1 teaspoon sea salt	1 cup dry white wine, or use additional vegetable broth
1/2 teaspoon freshly ground black pepper	1/4 cup honey
3 cloves garlic, pressed	2 tablespoons balsamic vinegar
3 cups sliced onion	2 tablespoons cornstarch
1 tablespoon dried thyme	2 tablespoons water



INSTRUCTIONS:

Place pork tenderloin cutlets in slow cooker; toss with salt, pepper and garlic then top with onion and thyme. In a small bowl, whisk together broth, wine (if using), honey and vinegar; slowly pour mixture over pork and onion. Cover and cook on LOW for 6 to 8 hours. In a small bowl or cup, combine cornstarch and water; stir mixture into slow cooker juices and cook until thickened. Serve pork with sauce ladled over the top.

NUTRITION per serving: 260 Calories; 4g Fat; 28g Protein; 21g Carbohydrate; 3g Dietary Fiber; 74mg Cholesterol; 548mg Sodium. **Exchanges:** 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 1 Other Carbohydrates. **Points:** 6

SERVING SUGGESTION: Baked butternut squash and steamed baby Brussels sprouts.

GLUTEN FREE: Make sure broth, wine (if using) and vinegar are gluten free. Use arrowroot starch instead of cornstarch.

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Southwestern Style Slow Cooker Veggie Pot Pie

Day 4 - Serves 6

INGREDIENTS:

2 tablespoons olive oil, divided	3/4 cup salsa
1/2 cup chopped onion	1 tablespoon chili powder
1/2 cup chopped red bell pepper	1 teaspoon ground cumin
1 cup diced red potatoes	1 teaspoon sea salt
1 cup sliced Portabella mushrooms	1/2 teaspoon freshly ground black pepper
1 cup frozen whole kernel corn	1/2 cup cornmeal
2 (15-oz.) cans black beans, drained and rinsed	1/2 cup flour
2 cups low sodium vegetable broth	2 teaspoons baking powder
3 cloves garlic, pressed	1/2 teaspoon baking soda
	1/2 cup milk



INSTRUCTIONS:

Heat 1 teaspoon of oil in a skillet over medium heat; sauté onion and bell pepper for 5 minutes or until onion has softened; transfer to a lightly oiled slow cooker. Add next 11 ingredients (potatoes through black pepper). Cover and cook on LOW for 4 hours, checking broth level and adding more (or water), 1/4 cup at a time, if needed. In a medium bowl, combine cornmeal, flour, baking powder and baking soda; blend well. Add remaining olive oil and the milk; mix just until combined then scoop batter evenly on top of the vegetable mixture. Raise slow cooker heat setting to HIGH and cook for 1 hour.

NUTRITION per serving: 348 Calories; 7g Fat; 17g Protein; 55g Carbohydrate; 13g Dietary Fiber; 3mg Cholesterol; 1358mg Sodium. **Exchanges:** 3 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates. **Points:** 8

SERVING SUGGESTION: Serve a big salad on the side. Add some warm corn muffins.

GLUTEN FREE: Make sure beans, broth, salsa and cornmeal are gluten free. Use gluten free flour.

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DO-AHEAD TIP: Prepare rice noodles in time for dinner.

Slow Cooker Asian Shrimp “Stir-Fry”

Day 5 - Serves 6

INGREDIENTS:

1 cup chopped red bell pepper
16 ounces frozen snow peas
8 ounces frozen baby corn
1/4 cup chopped green onions
1/4 cup low sodium soy sauce
2 tablespoons lime juice
1/2 teaspoon lime zest
2 cups low sodium vegetable broth
3 cloves garlic, pressed

1/2 cup brown sugar
2 tablespoons rice wine vinegar
1 teaspoon grated gingerroot
1/2 teaspoon crushed red pepper flakes
1 1/2 pounds large shrimp, peeled and deveined
1 teaspoon cornstarch, optional
1 teaspoon water, optional
1 (8-oz.) package Asian rice noodles, cooked according to package directions



INSTRUCTIONS:

Place bell pepper, frozen veggies and green onions in slow cooker. In a small bowl, whisk together next 9 ingredients (soy sauce through crushed red pepper flakes); pour mixture over veggies in slow cooker. Cover and cook on LOW for 1 hour then raise slow cooker heat setting to HIGH and stir in shrimp; cook for 15 minutes or until shrimp are opaque. If sauce is too thin, combine cornstarch and water, stir into sauce and cook for few minutes more, just until thickened. Stir in rice noodles and serve immediately, so that the rice noodles are still al dente when served!

NUTRITION per serving: 399 Calories; 2g Fat; 31g Protein; 64g Carbohydrate; 5g Dietary Fiber; 173mg Cholesterol; 755mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Other Carbohydrates.

Points: 10

SERVING SUGGESTION: Serve a big spinach salad on the side.

GLUTEN FREE: Make sure soy sauce, broth and vinegar are gluten free. Use arrowroot starch instead of cornstarch (or skip that step).

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Crock Cooker Club Volume 10 – Shopping List

Day 1: Mediterranean Chicken Stuffed Bell Peppers

Day 2: Slow Cooker Thai Pork

Day 3: Simple Salmon Chowder

Day 4: Curried Vegetable Stew

Day 5: Homestyle Pot Roast

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

2 pounds lean beef pot roast [D5]

1 1/2 pounds pork tenderloin [D2]

1 1/2 pounds boneless skinless chicken breast meat [D1]

1 pound skinless salmon fillets (or buy frozen) [D3]

CONDIMENTS

Olive oil [D4]

Worcestershire sauce [D3]

Low sodium soy sauce (1/4 cup) [D2]

Dry red wine (1 cup) (or use low sodium beef broth) [D5]

**Salad dressing (your choice) [D1,D3]

CANNED GOODS

Low sodium chicken broth (1 cup) [D1]

Low sodium beef broth (2 cups plus 1 cup if not using dry red wine) [D5]

Low sodium vegetable broth (4 1/2 cups) [D2,D3,D4]

Tomato sauce (2 cups) [D1]

1 (15-oz.) can garbanzo beans [D4]

Evaporated milk (1 cup) [D3]

Coconut milk, unsweetened (2 cups) [D2]

SPICES

Sea salt [D1,D3]

Black peppercorns [D1,D3]

Oregano [D1,D5]

Basil [D1,D5]

Crushed red pepper flakes [D1,D2]

Sweet curry powder [D4]

Ground cardamom [D4]

Thyme [D5]

DRY GOODS

Cornstarch [D5]

Brown rice (1 1/2 cups cooked) [D1]

Basmati rice (3 cups cooked) [D2]

1 (12-oz.) package egg noodles [D5]

**Whole wheat couscous [D4]

**Golden raisins [D4]

**Slivered almonds [D4]

PRODUCE

Onions (2 1/2 cups chopped plus 2 cups diced) [D1,D2,D3,D4,D5]

Garlic (16 cloves) [D1,D2,D3,D4,D5]

Red potatoes (2 cups diced) [D3]

Carrots (2 cups sliced) [D4,D5]

Eggplant (2 cups chopped) [D4]

Zucchini (1 cup chopped) **Additional [D2,D4]

Tomatoes (1 cup chopped) [D4]

Green bell peppers (8 medium plus 1 cup chopped) [D1,D5]

White button mushrooms (1 cup sliced) [D2]

Spinach (3 cups chopped) **Additional [D3,D4]

Cilantro (1/2 cup chopped) [D2]

Limes (2 tablespoons juice plus 1 teaspoon zest) [D2]

**Broccoli [D5]

**Yellow squash [D2]

**Snow peas [D2]

**Lettuce (not Iceberg, no nutrition) [D1]

**Salad veggies (your choice) [D1]

DAIRY/DAIRY CASE

Cheddar cheese (1 cup grated) (optional) [D3]

Mozzarella cheese (1 cup shredded) [D1]

**Butter, unsalted [D3]

FREEZER

1 pound skinless salmon fillets (if not using fresh) [D3]

Whole kernel corn (2 cups) [D3,D5]

BAKERY

**Whole grain rolls [D3]

GLUTEN FREE

Worcestershire sauce [D3]

Soy sauce [D2]

Wine (if using) [D5]

Chicken broth [D1]

Beef broth [D5]

Vegetable broth [D2,D3,D4]

Tomato sauce [D1]

Garbanzo beans [D4]

Curry powder [D4]

Arrowroot starch [D5]

Noodles [D5]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

DO-AHEAD TIP: Cook chicken and rice.

Mediterranean Chicken Stuffed Bell Peppers

Day 1 – Serves 8 (leftovers!)

INGREDIENTS:

1 1/2 pounds boneless skinless chicken breast meat, cooked and diced
4 cloves garlic, pressed
1 tablespoon dried oregano
1 teaspoon dried basil
1/2 teaspoon crushed red pepper flakes
1 teaspoon sea salt

1/2 teaspoon freshly ground black pepper
1 cup diced onion
1 1/2 cups cooked brown rice
2 cups tomato sauce
1 cup low sodium chicken broth
8 medium green bell peppers, tops removed, de-seeded and de-ribbed (kept whole)
1 cup shredded Mozzarella cheese



INSTRUCTIONS:

In a large bowl, combine first 9 ingredients (chicken through rice); fill bell peppers with mixture then stack them in slow cooker. In a small bowl, combine tomato sauce and broth; pour over bell peppers. Cover and cook on HIGH for 1 to 2 hours or until bell peppers are fork-tender. Top with Mozzarella cheese; cover and cook until cheese has melted.

NUTRITION per serving: 249 Calories; 5g Fat; 27g Protein; 24g Carbohydrate; 4g Dietary Fiber; 62mg Cholesterol; 788mg Sodium. **Exchanges:** 1/2 Grain(Starch); 3 1/2 Lean Meat; 2 1/2 Vegetable; 1/2 Fat. **Points:** 6

SERVING SUGGESTION: Serve a big salad on the side.

GLUTEN FREE: Make sure tomato sauce and broth are gluten free.

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DO-AHEAD TIP: Cook rice in time for dinner.

Slow Cooker Thai Pork

Day 2 – Serves 6

INGREDIENTS:

1 1/2 pounds pork tenderloin, cubed
1 cup chopped onion
1/4 cup low sodium soy sauce
2 cups unsweetened coconut milk
2 tablespoons lime juice
1 teaspoon lime zest

1/2 cup low sodium vegetable broth
3 cloves garlic, pressed
1/2 teaspoon crushed red pepper flakes
1 cup sliced white button mushrooms
1/2 cup chopped cilantro
3 cups cooked Basmati rice



INSTRUCTIONS:

Place cubed tenderloin and chopped onion in slow cooker. In a small bowl, whisk together next 7 ingredients (soy sauce through crushed red pepper flakes); pour mixture over pork and onion. Cover and cook on LOW for 6 to 8 hours or until pork is fork-tender. Raise slow cooker heat setting to HIGH then stir in mushrooms and cilantro; cook for 15 to 30 minutes or until mushrooms are done. Stir well and serve over Basmati rice.

NUTRITION per serving: 457 Calories; 24g Fat; 30g Protein; 32g Carbohydrate; 5g Dietary Fiber; 74mg Cholesterol; 515mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 4 Fat. **Points:** 12

SERVING SUGGESTION: Stir-fried zucchini, yellow squash and snow peas.

GLUTEN FREE: Make sure soy sauce and broth are gluten free.

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Simple Salmon Chowder

Day 3 – Serves 6

INGREDIENTS:

2 cups diced red potatoes	1/2 teaspoon freshly ground black pepper
1 cup frozen whole kernel corn	2 cups low sodium vegetable broth
1 cup diced onion	1 cup evaporated milk
3 cloves garlic, pressed	1 pound skinless salmon fillets, cubed
1 tablespoon Worcestershire sauce	1 cup chopped spinach
1 teaspoon sea salt	1 cup grated Cheddar cheese, optional



INSTRUCTIONS:

Place first 9 ingredients (potatoes through milk) in slow cooker; stir to combine well. Cover and cook on LOW for 2 to 3 hours. Stir in cubed salmon then raise slow cooker heat setting to HIGH and cook for 15 to 30 minutes or until salmon flakes easily when tested with a fork. Stir in spinach until wilted then stir in Cheddar cheese (if desired) until melted.

NUTRITION per serving: 240 Calories; 6g Fat; 24g Protein; 23g Carbohydrate; 3g Dietary Fiber; 52mg Cholesterol; 614mg Sodium. **Exchanges:** 1 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates. **Points:** 6

SERVING SUGGESTION: Serve a big spinach salad on the side. Add some whole grain rolls and butter.

GLUTEN FREE: Make sure Worcestershire sauce and broth are gluten free.

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Curried Vegetable Stew

Day 4 - Serves 6

INGREDIENTS:

2 teaspoons olive oil	2 cups chopped eggplant
1 cup chopped onion	1 cup chopped zucchini
3 cloves garlic, pressed	1 cup chopped tomato
1 tablespoon sweet curry powder, divided	1 cup sliced carrots
1/4 teaspoon ground cardamom	1 (15-oz.) can garbanzo beans, drained and rinsed
2 cups low sodium vegetable broth, divided	2 cups chopped spinach



INSTRUCTIONS:

Heat the oil in a large skillet over medium heat. Sauté onion just until it begins to soften, 2 to 3 minutes. Add garlic, half of the curry powder and the cardamom; cook and stir for 3 minutes or until fragrant. Remove skillet from heat and transfer contents to slow cooker. Return skillet to the heat then slowly add 1 cup of broth and whisk up all of the browned bits from the bottom of pan; add to slow cooker along with remaining broth and curry powder. Add eggplant, zucchini, tomato, carrots and garbanzo beans to slow cooker; stir well. Cover and cook on LOW for 5 to 6 hours. Stir in spinach until wilted. Serve immediately and enjoy!

NUTRITION per serving: 158 Calories; 3g Fat; 9g Protein; 26g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 405mg Sodium. **Exchanges:** 1 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat. **Points:** 4

SERVING SUGGESTION: Whole wheat couscous tossed with golden raisins and toasted slivered almonds.

GLUTEN FREE: Make sure curry powder, broth, and beans are gluten free.

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DO-AHEAD TIP: Prepare egg noodles in time for dinner.

Homestyle Pot Roast

Day 5 - Serves 6

INGREDIENTS:

2 pounds lean beef roast, cut into 1-inch cubes
1 cup sliced carrots
1/2 cup chopped onion
1 cup chopped green bell pepper
1 cup frozen whole kernel corn
3 cloves garlic, pressed
2 cups low sodium beef broth

1 cup dry red wine, or use additional beef broth

1 tablespoon dried oregano

2 teaspoons dried basil

1 teaspoon dried thyme

3 tablespoons cornstarch

3 tablespoons water

1 (12-oz.) package egg noodles, prepared according to package directions



INSTRUCTIONS:

Place first 5 ingredients (beef through corn) in slow cooker. In a medium bowl, whisk together garlic, broth, wine (if using), oregano, basil and thyme; pour mixture over roast. Cover and cook on LOW for 6 to 8 hours or until veggies are done and beef is fork-tender. In a small bowl or cup, combine cornstarch and water; add to slow cooker juices and stir well. When thickened, stir once more and serve over prepared egg noodles.

NUTRITION per serving: 650 Calories; 24g Fat; 43g Protein; 57g Carbohydrate; 4g Dietary Fiber; 146mg Cholesterol; 135mg Sodium. **Exchanges:** 3 1/2 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat. **Points:** 16

SERVING SUGGESTION: Serve steamed broccoli spears on the side.

GLUTEN FREE: Make sure broth, wine and noodles are gluten free. Use arrowroot starch instead of cornstarch.

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SAVING DINNER

with



Crock Cooker Club Volume 11

The Menus, Recipes and Instructions for
10 Delicious Crock Cooker Meals
to Bring Your Family Back to the Dinner Table

Crock Cooker Club Volume 11 – Shopping List

Day 1: Asian Beef Pita Pockets

Day 2: Southwestern Chicken with Red Potatoes

Day 3: Lemon Basil and Onion Pork Tenderloin

Day 4: Turkey, Kale and Potato Chowder

Day 5: Spicy Leeky Onion Flounder with Spinach

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

- 1 pound extra lean ground beef [D1]
- 1 pound pork tenderloin [D3]
- 1 1/2 pounds boneless skinless chicken breast meat [D2]
- 1 pound extra lean ground turkey [D4]
- 1 1/2 pounds flounder fillets OR other firm-fleshed white fish (or buy frozen) [D5]

CONDIMENTS

- Salsa (1 1/2 cups) [D2]
- Low sodium soy sauce (1/4 cup) [D1]
- Fish sauce (in Asian section of grocery store) (2 tablespoons) [D1]
- **Poppy seed salad dressing [D1]
- **Salad dressing (your choice) [D2]
- **Whole black olives [D4]

CANNED GOODS

- Low sodium chicken broth (1/2 cup) [D2]
- Low sodium beef broth (1/4 cup) [D1]
- Low sodium vegetable broth (5 1/2 cups) [D3,D4,D5]
- Crushed tomatoes (22.5 ounces) [D1,D2]
- Tomato sauce (1/2 cup) [D1]
- White grape juice (1 cup) [D5]
- Evaporated milk (1 cup) [D4]
- **Mandarin orange sections (if not using fresh) [D1]

SPICES

- Sea salt [D1,D3,D5]
- Black peppercorns [D1,D3,D5]
- Basil [D1,D3]
- Chili powder [D2]
- Ground cumin [D2]
- Oregano [D4,D5]
- Cayenne pepper [D4,D5]
- Paprika [D5]
- Crushed red pepper flakes [D5]

DRY GOODS

- Cornstarch [D4]

BAKERY

- 6 whole wheat pita rounds [D1]
- **Corn muffins [D2]
- **Crusty bread [D4]

PRODUCE

- Onions (4 1/4 cups chopped) [D1,D2,D3,D4,D5]
- Garlic (20 cloves) [D1,D2,D3,D4,D5]
- Leeks (2 cups chopped) [D5]
- Idaho potatoes (1 cup chopped) [D4]
- Red potatoes (1 cup chopped) [D2]
- Carrots (1 cup chopped) [D4]
- Green bell peppers (1 cup chopped) [D2]
- Red bell peppers (1 cup chopped) [D1]
- Kale (2 cups chopped) [D4]
- Spinach (2 cups chopped) [D5]
- Bean sprouts (1 cup) [D1]
- Cilantro (1/4 cup chopped) [D2]
- Lemons (1 cup slices plus 2 tablespoons juice) [D3]
- Limes (2 tablespoons juice) [D2]
- **Baby red potatoes [D5]
- **Green onions [D1]
- **Cucumber [D1,D4]
- **Grape tomatoes [D4]
- **Baby carrots [D4]
- **Butternut squash [D3]
- **Green beans [D3]
- **Asparagus [D5]
- **Mixed baby greens [D1]
- **Lettuce (not Iceberg, no nutrition) [D2]
- **Salad veggies (your choice) [D2]
- **Mandarin oranges (or buy canned) [D1]

DAIRY/DAIRY CASE

- Cheddar cheese (1 cup shredded) [D2]
- **Butter, unsalted [D2,D4]

FREEZER

- 1 1/2 pounds flounder fillets OR other firm-fleshed white fish (if not using fresh) [D5]

GLUTEN FREE

- Salsa [D2]
- Soy sauce [D1]
- Fish sauce [D1]
- Chicken broth [D2]
- Beef broth [D1]
- Vegetable broth [D3,D4,D5]
- Canned tomatoes [D1,D2]
- Tomato sauce [D1]
- Grape juice [D5]
- Arrowroot starch [D4]
- Pita bread [D1]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Asian Beef Pita Pockets

Day 1 – Serves 6

INGREDIENTS:

1 pound extra lean ground beef	1/4 cup low sodium beef broth
6 cloves garlic, pressed	2 tablespoons fish sauce
1 cup chopped onion	1 tablespoon dried basil
1 cup chopped red bell pepper	1 teaspoon sea salt
1 (14.5-oz.) can crushed tomatoes	1/2 teaspoon freshly ground black pepper
1/2 cup tomato sauce	1 cup bean sprouts
1/4 cup low sodium soy sauce	6 whole wheat pita rounds, warmed or toasted and halved



INSTRUCTIONS:

Place all ingredients in slow cooker, except bean sprouts and pita rounds; stir well. Cover and cook on LOW for 6 to 8 hours. Give mixture a good stir and, using a slotted spoon, scoop a portion into each pita half and top each with a few tablespoons of bean sprouts. Serve immediately and enjoy!

NUTRITION per serving: 424 Calories; 16g Fat; 24g Protein; 50g Carbohydrate; 8g Dietary Fiber; 53mg Cholesterol; 1323mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 2 Lean Meat; 2 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates. **Points:** 11

SERVING SUGGESTION: A salad of mixed baby greens, sliced cucumber, green onions and Mandarin orange sections, tossed with poppy seed dressing.

GLUTEN FREE: Make sure tomatoes, tomato sauce, soy sauce, broth and fish sauce are gluten free. Use gluten free pitas.

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Southwestern Chicken with Red Potatoes

Day 2 – Serves 6

INGREDIENTS:

1 1/2 pounds boneless skinless chicken breast meat, cubed*	1 cup chopped red potatoes
3 cloves garlic, pressed	1 cup chopped green bell pepper
1 tablespoon chili powder	1 1/2 cups salsa
2 teaspoons ground cumin	1/2 cup low sodium chicken broth
8 ounces crushed tomatoes	2 tablespoons lime juice
1 cup chopped onion	1/4 cup chopped cilantro
	1 cup shredded Cheddar cheese



INSTRUCTIONS:

Place all ingredients in slow cooker, except cilantro and cheese; stir well. Cover and cook on LOW for 8 to 10 hours. Stir in chopped cilantro and ladle mixture into bowls; top with shredded cheese.

*LEANNE'S NOTE: Partially frozen chicken is easier to cube.

NUTRITION per serving: 282 Calories; 8g Fat; 35g Protein; 18g Carbohydrate; 4g Dietary Fiber; 86mg Cholesterol; 582mg Sodium. **Exchanges:** 1/2 Grain(Starch); 4 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1 Fat. **Points:** 7

SERVING SUGGESTION: A big salad and some warm corn muffins.

GLUTEN FREE: Make sure tomatoes, salsa, and broth are gluten free.

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Lemon Basil and Onion Pork Tenderloin

Day 3 – Serves 6

INGREDIENTS:

1 pound pork tenderloin, trimmed and cut into 1-inch slices	1 tablespoon dried basil
3 cloves garlic, pressed	1 cup chopped onion
1 teaspoon sea salt	1 cup lemon slices
1 teaspoon freshly ground black pepper	1 cup low sodium vegetable broth
	2 tablespoons lemon juice



INSTRUCTIONS:

Place pork tenderloin in slow cooker; add garlic, salt, pepper and basil and toss to coat. Cover with chopped onion and sliced lemons, then pour broth and lemon juice over the top. Cover and cook on LOW for 6 to 8 hours or until pork is for fork-tender. Discard lemon slices or use them as garnish; serve and enjoy!

NUTRITION per serving: 123 Calories; 3g Fat; 19g Protein; 8g Carbohydrate; 2g Dietary Fiber; 49mg Cholesterol; 440mg Sodium. **Exchanges:** 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat. **Points:** 3

SERVING SUGGESTION: Baked butternut squash and steamed green beans.

GLUTEN FREE: Make sure broth is gluten free.

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Turkey, Kale and Potato Chowder

Day 4 - Serves 6

INGREDIENTS:

1 pound extra lean ground turkey	1/4 teaspoon cayenne pepper
1 cup peeled and chopped Idaho potatoes	2 1/2 cups low sodium vegetable broth
1 cup chopped carrots	1 cup evaporated milk
1 cup chopped onion	1 tablespoon cornstarch
4 cloves garlic, pressed	1 tablespoon water
1 tablespoon dried oregano	2 cups chopped kale



INSTRUCTIONS:

Place first 8 ingredients (turkey through broth) in slow cooker; stir to combine. Cover and cook on HIGH for 6 hours or until turkey and potatoes are tender. Stir in evaporated milk and cook for 1 hour. In a cup, combine cornstarch and water; stir mixture into chowder then cook for 20 minutes or until thickened. Add chopped kale; cook and stir until wilted. Serve immediately.

NUTRITION per serving: 223 Calories; 5g Fat; 27g Protein; 19g Carbohydrate; 4g Dietary Fiber; 54mg Cholesterol; 334mg Sodium. **Exchanges:** 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 1/2 Fat. **Points:** 6

SERVING SUGGESTION: A relish tray of baby carrots, grape tomatoes, cucumber spears and whole black olives; add some crusty bread and butter.

GLUTEN FREE: Make sure broth is gluten free. Use arrowroot starch instead of cornstarch.

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Spicy Leeky Onion Flounder with Spinach

Day 5 - Serves 6

INGREDIENTS:

1 1/2 pounds flounder fillets OR other firm-fleshed white fish, cut into 2-inch pieces	1 teaspoon sea salt
4 cloves garlic, pressed	1/2 teaspoon freshly ground black pepper
1 teaspoon paprika	1 cup white grape juice
2 teaspoons dried oregano	2 cups low sodium vegetable broth
1/4 teaspoon cayenne pepper	2 cups chopped leeks
1/4 teaspoon crushed red pepper flakes	1/4 cup chopped onion
	2 cups chopped spinach



INSTRUCTIONS:

Rub garlic and paprika into flounder; cover and refrigerate. Place remaining ingredients in slow cooker. Cover and cook on LOW for 4 to 6 hours or until vegetables are tender. Stir in flounder then cover and cook on HIGH for 15 to 20 minutes or until fish flakes easily when tested with a fork. Add spinach; cook and stir until wilted. Serve immediately.

NUTRITION per serving: 177 Calories; 2g Fat; 26g Protein; 14g Carbohydrate; 2g Dietary Fiber; 54mg Cholesterol; 596mg Sodium. **Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 0 Fat. **Points:** 4

SERVING SUGGESTION: Steamed baby red potatoes and steamed asparagus.

GLUTEN FREE: Make sure juice and broth are gluten free.

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Crock Cooker Club Volume 11 – Shopping List

Day 1: Thai Chicken Lettuce Wraps
Day 2: Slow Cooker French Onion Soup
Day 3: Maple Bourbon Pork Tenderloin
Day 4: Italian Shrimp Marinara with Angel Hair
Day 5: Rosemary Orange Chicken with Creamy Onion Gravy

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

1 pound pork tenderloin [D3]
1 1/2 pounds boneless skinless chicken breast meat [D1]
3 pounds chicken pieces [D5]
1 pounds medium shrimp, peeled and deveined (or buy frozen) [D4]

CONDIMENTS

Balsamic vinegar [D4]
Low sodium soy sauce (3/4 cup) [D1,D2]
Maple syrup, pure (1 cup) [D3]
Honey (1/4 cup) [D3]
Red wine (1/2 cup) (or use red grape juice) [D4]
Dry red wine (1/2 cup) (or use low sodium beef broth) [D2]
Bourbon (1/4 cup) (or use low sodium vegetable broth) [D3]
**Red wine vinaigrette [D4]
**Salad dressing (your choice) [D2]

CANNED GOODS

Low sodium chicken broth (1 1/2 cups) [D1]
Low sodium beef broth (4 1/2 cups plus 1/2 cup if not using dry red wine) [D2]
Low sodium vegetable broth (1 cup plus 1/4 cup if not using bourbon) [D3]
Crushed tomatoes (8 ounces) [D4]
Tomato sauce (1 cup) [D4]
1 (6-oz.) can tomato paste [D4]
Red grape juice (1/2 cup if not using red wine) [D4]
Evaporated milk (1/2 cup) [D5]

SPICES

Sea salt [D3,D4,D5]
Black peppercorns [D3,D4,D5]
Herbes de Provence [D2,D4]
Ground allspice [D3]
Rosemary [D5]

DRY GOODS

1 (8-oz.) package Angel Hair pasta [D4]
Cashews (2 tablespoons chopped) [D1]
**Brown rice [D1]

PRODUCE

Onions (6 cups sliced, 1 cup chopped and 1 cup diced) [D2,D3,D5]
Red onions (1/2 cup sliced plus 1/2 cup diced) **Additional [D1,D4]
Garlic (21 cloves) [D1,D2,D3,D4,D5]
Green onions (2 tablespoons chopped) [D1]
Zucchini (1 cup chopped) **Additional [D1,D4]
Jalapenos (1/2 tablespoon chopped) [D1]
White button mushrooms (1 cup sliced) [D1]
Romaine lettuce (12 leaves) [D1]
Italian parsley (optional 2 tablespoons chopped) [D2]
Cilantro (1 cup chopped) [D1]
Limes (1/4 cup juice plus 1 tablespoon zest) [D1]
Oranges (2 medium) [D5]
**Sweet potatoes [D5]
**Butternut squash [D3]
**Broccoli [D3]
**Yellow squash [D1]
**Snow peas [D1]
**Avocado [D4]
**Mixed baby greens [D4]
**Spinach [D2]
**Kale [D5]

DAIRY/DAIRY CASE

6 (1-oz.) slices Provolone cheese [D2]

FREEZER

1 pound medium shrimp, peeled and deveined (if not using fresh) [D4]

BAKERY

French bread (6 slices) [D2]

GLUTEN FREE

Vinegar [D4]
Soy sauce [D1,D2]
Chicken broth [D1]
Beef broth [D2]
Vegetable broth [D3]
Canned tomatoes [D4]
Tomato sauce [D4]
Tomato paste [D4]
Wines (if using) [D2,D4]
Bourbon (if using) [D3]
Herbes de Provence [D2,D4]
Grape juice (if using) [D4]
Pasta [D4]
Bread [D2]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Thai Chicken Lettuce Wraps

Day 1 – Serves 6

INGREDIENTS:

1 1/2 pounds boneless skinless chicken breast meat, chopped*
1 1/2 cups low sodium chicken broth
1/4 cup lime juice
1/4 cup low sodium soy sauce
3 cloves garlic, pressed
1 cup sliced white button mushrooms

1/2 cup sliced red onion
1 tablespoon lime zest
2 tablespoons chopped green onion
1/2 tablespoon chopped jalapeno
1 cup chopped cilantro
12 Romaine lettuce leaves
2 tablespoons chopped cashews



INSTRUCTIONS:

Place all ingredients in slow cooker, except cilantro, lettuce and cashews. Cover and cook on LOW for 6 to 8 hours. Stir in cilantro then, using a slotted spoon, scoop mixture into lettuce leaves, top with chopped cashews and roll up. Enjoy!

*LEANNE'S NOTE: Partially frozen chicken is easier to chop.

NUTRITION per serving: 176 Calories; 3g Fat; 31g Protein; 6g Carbohydrate; 1g Dietary Fiber; 66mg Cholesterol; 608mg Sodium. **Exchanges:** 0 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat. **Points:** 4

SERVING SUGGESTION: Brown rice and stir-fried zucchini, yellow squash and snow peas.

GLUTEN FREE: Make sure broth and soy sauce are gluten free.

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Slow Cooker French Onion Soup

Day 2 – Serves 6

INGREDIENTS:

6 cups sliced onion
6 cloves garlic, pressed
1 tablespoon Herbes de Provence
4 1/2 cups low sodium beef broth
1/2 cup low sodium soy sauce

1/2 cup dry red wine, or use additional broth
6 slices French bread
6 (1-oz.) slices Provolone cheese
2 tablespoons finely chopped Italian parsley, optional



INSTRUCTIONS:

Place first 6 ingredients (onion through red wine) in slow cooker. Cover and cook on LOW for 4 to 6 hours. Preheat oven broiler and lightly toast the bread. Ladle soup into oven-safe bowls and top with toasted French bread and cheese. Broil for 2 to 3 minutes or until cheese is golden brown and bubbly (keep an eye on it – it browns fast!). Carefully remove soup bowls from oven and top with chopped parsley, if desired.

NUTRITION per serving: 284 Calories; 9g Fat; 21g Protein; 28g Carbohydrate; 3g Dietary Fiber; 20mg Cholesterol; 1250mg Sodium. **Exchanges:** 1 Grain(Starch); 2 Lean Meat; 2 1/2 Vegetable; 1 Fat. **Points:** 7

SERVING SUGGESTION: Serve a big spinach salad on the side.

GLUTEN FREE: Make sure Herbes de Provence, broth, soy sauce, and wine are gluten free. Use gluten free bread.

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Maple Bourbon Pork Tenderloin

Day 3 – Serves 6

INGREDIENTS:

1 pound pork tenderloin, trimmed
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
3 cloves garlic, pressed
1 teaspoon ground allspice

1 cup pure maple syrup
1/4 cup bourbon, or use additional broth
1 cup low sodium vegetable broth
1/4 cup honey
1 cup diced onion



INSTRUCTIONS:

Rub tenderloin with salt, pepper, garlic and allspice; place in slow cooker. Add remaining ingredients (maple syrup through onion); stir to combine. Cover and cook on LOW for 6 to 8 hours or until tenderloin is fork-tender. Serve immediately and enjoy!

NUTRITION per serving: 316 Calories; 3g Fat; 18g Protein; 50g Carbohydrate; 1g Dietary Fiber; 49mg Cholesterol; 444mg Sodium. **Exchanges:** 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fat; 3 Other Carbohydrates. **Points:** 8

SERVING SUGGESTION: Baked butternut squash and steamed broccoli spears.

GLUTEN FREE: Make sure bourbon (if using) and broth are gluten free.

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Italian Shrimp Marinara with Angel Hair

Day 4 - Serves 6

INGREDIENTS:

8 ounces crushed tomatoes
1 cup tomato sauce
1/2 cup red wine, or use red grape juice
2 tablespoons balsamic vinegar
1/2 cup diced red onion
1 cup chopped zucchini
3 cloves garlic, pressed

1 tablespoon Herbes de Provence
1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1 (8-oz.) package Angel Hair pasta
1 pound medium shrimp, peeled and deveined
1 (6-oz.) can tomato paste



INSTRUCTIONS:

Place first 10 ingredients (crushed tomatoes through black pepper) in slow cooker; stir to combine. Cover and cook on LOW for 4 to 6 hours. Prepare pasta according to package directions. Meanwhile, raise slow cooker heat setting to HIGH and stir in shrimp; cook for 15 minutes or until pink and opaque. Stir in tomato paste (to thicken) and heat through. Serve over hot pasta and enjoy!

NUTRITION per serving: 297 Calories; 3g Fat; 23g Protein; 43g Carbohydrate; 4g Dietary Fiber; 115mg Cholesterol; 966mg Sodium. **Exchanges:** 2 Grain(Starch); 2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 0 Fat. **Points:** 7

SERVING SUGGESTION: A big salad of mixed baby greens, sliced red onion and avocado, tossed with red wine vinaigrette.

GLUTEN FREE: Make sure canned tomatoes, tomato sauce, tomato paste, wine (or juice), vinegar and Herbes de Provence are gluten free. Use gluten free pasta.

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Rosemary Orange Chicken with Creamy Onion Gravy

Day 5 - Serves 6

INGREDIENTS:

3 pounds chicken pieces
2 medium oranges, halved
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

2 tablespoons dried rosemary, crushed
6 cloves garlic, pressed
1 cup chopped onion
1/2 cup evaporated milk, at room temperature



INSTRUCTIONS:

Rub the chicken skins with the a piece of the orange. Place the chicken in the slow cooker then squeeze the orange juice over the top and sprinkle evenly with salt, pepper, rosemary and garlic. Place the orange halves in a slow cooker along with the chopped onion. Cover and cook on HIGH for 5 to 7 hours or until chicken is falling apart. Discard oranges and remove chicken from slow cooker; keep warm. Add evaporated milk (make sure it's room temperature!) and heat through. Transfer slow cooker juices to a blender or food processor; puree until smooth (to make onion gravy); serve over chicken and enjoy!

NUTRITION per serving: 401 Calories; 25g Fat; 31g Protein; 12g Carbohydrate; 2g Dietary Fiber; 147mg Cholesterol; 447mg Sodium. **Exchanges:** 0 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 2 1/2 Fat. **Points:** 10

SERVING SUGGESTION: Baked sweet potatoes and braised kale.

GLUTEN FREE: No changes necessary.

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SAVING DINNER

with



Crock Cooker Club Volume 12

The Menus, Recipes and Instructions for
10 Delicious Crock Cooker Meals
to Bring Your Family Back to the Dinner Table

Crock Cooker Club Volume 12 – Shopping List

Day 1: Honey Balsamic Onion Chicken

Day 2: Ragin' Cajun Beef Stew

Day 3: Balsamic Peach Salmon

Day 4: Turkey and Vegetable Stew

Day 5: Budget Beef Burgundy

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

- 1 pound beef shoulder roast [D2]
- 1 pound extra lean ground beef [D5]
- 6 (4-oz.) boneless skinless chicken breast halves [D1]
- 1 pound ground turkey [D4]
- 1 1/2 pounds skinless salmon fillets (or buy frozen) [D3]

CONDIMENTS

- Olive oil [D1]
- Balsamic vinegar [D1,D3]
- Cider vinegar (if not using dry red wine) [D5]
- Honey [D1,D3]
- Dry red wine (1/2 cup) (or use red grape juice/cider vinegar) [D5]
- **Salad dressing (your choice) [D4]

CANNED GOODS

- Low sodium chicken broth (2 1/2 cups) [D1]
- Low sodium beef broth (1 3/4 cups) [D2,D5]
- Low sodium vegetable broth (3 cups) [D3,D4]
- 1 (14.5-oz.) can crushed tomatoes [D5]
- Tomato sauce (2 3/4 cups) [D2,D4,D5]
- 1 (6-oz.) can tomato paste [D2]
- Red grape juice (1/2 cup) (if not using dry red wine) [D5]

SPICES

- Sea salt [D1,D2,D3,D4,D5]
- Black peppercorns [D1,D2,D3,D4,D5]
- Oregano [D1,D2,D4]
- Crushed red pepper flakes [D2,D4]
- Cayenne pepper [D2]
- Ground allspice [D3]
- Herbes de Provence [D5]

PRODUCE

- Onions (2 cups sliced plus 4 cups chopped and 1 cup diced) [D1,D2,D3,D4,D5]
- Garlic (22 cloves) [D1,D2,D3,D4,D5]
- Celery (1 cup diced) [D2]
- Carrots (1 1/2 cups sliced plus 1 cup diced) [D2,D4,D5]
- Zucchini (1 cup sliced) [D4]
- Green bell peppers (1/2 cup diced) [D2]
- Red bell peppers (2 cups chopped plus 1/2 cup diced) [D2,D4]
- White button mushrooms (1 cup sliced) [D5]
- **Sweet potatoes [D1]
- **Green beans [D1]
- **Asparagus [D3]
- **Cabbage [D5]
- **Collard greens [D2]
- **Spinach [D4]

DAIRY/DAIRY CASE

- Mozzarella cheese (optional 1 cup shredded) [D4]

FREEZER

- 1 1/2 pounds skinless salmon fillets (if not using fresh) [D3]
- Peaches (1 1/2 cups) [D3]

DRY GOODS

- Cornstarch [D1,D5]
- Brown rice (4 cups cooked) [D2,D3,D4]
- 1 (8-oz.) package egg noodles [D5]

OTHER

- Large zipper-topped plastic bags [D2,D3]

GLUTEN FREE

- Vinegars [D1,D3,D5]
- Wine (or juice) [D5]
- Chicken broth [D1]
- Beef broth [D2,D5]
- Vegetable broth [D3,D4]
- Canned tomatoes [D5]
- Tomato sauce [D2,D4,D5]
- Tomato paste [D2]
- Herbes de Provence [D5]
- Arrowroot starch [D1,D5]
- Egg noodles [D5]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Honey Balsamic Onion Chicken

Day 1 – Serves 6

INGREDIENTS:

1 tablespoon olive oil	3 cloves garlic, pressed
6 (4-oz.) boneless skinless chicken breast halves	2 1/2 cups low sodium chicken broth
1 tablespoon dried oregano	2 tablespoons honey
1 teaspoon sea salt	1/4 cup balsamic vinegar
1/2 teaspoon freshly ground black pepper	1 tablespoon cornstarch
3 cups chopped onion	1 tablespoon water



INSTRUCTIONS:

Coat a slow cooker with the olive oil. Season chicken evenly with oregano, salt, and pepper then place in slow cooker; top with next 5 ingredients (onion through vinegar); stir gently to blend ingredients. Cover and cook on LOW for 6 to 8 hours. In a cup, combine cornstarch and water and stir into sauce. Cover and cook for 10 minutes or until mixture reaches desired thickness. Serve chicken topped with onion sauce.

NUTRITION per serving: 229 Calories; 4g Fat; 32g Protein; 16g Carbohydrate; 2g Dietary Fiber; 66mg Cholesterol; 606mg Sodium. **Exchanges:** 0 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 6

SERVING SUGGESTION: Baked sweet potatoes and steamed green beans.

GLUTEN FREE: Make sure broth and vinegar are gluten free. Use arrowroot starch instead of cornstarch.

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DO-AHEAD TIP: Cook rice in time for dinner.

Ragin' Cajun Beef Stew

Day 2 – Serves 4

INGREDIENTS:

6 cloves garlic, pressed	1 cup diced onion
1 teaspoon sea salt	1/2 cup diced green bell pepper
1/2 teaspoon freshly ground black pepper	1/2 cup diced red bell pepper
1 tablespoon dried oregano	1 cup diced celery
1/4 teaspoon crushed red pepper flakes	1 cup diced carrots
1/8 teaspoon cayenne pepper	1 1/2 cups low sodium beef broth
1 pound beef shoulder roast, trimmed and cut into 1-inch cubes	1/2 cup tomato sauce
	1 (6-oz.) can tomato paste
	1 cup cooked brown rice



INSTRUCTIONS:

In a large zipper-topped plastic bag, place first 6 ingredients (garlic through cayenne pepper); shake to combine. Add beef cubes; seal bag and shake to coat. Place seasoned beef in slow cooker then add next 7 ingredients (onion through tomato sauce). Cover and cook on LOW for 6 hours. Stir in tomato paste and cook until slightly thickened, about 5 minutes. Stir in cooked brown rice; serve and enjoy!

NUTRITION per serving: 271 Calories; 4g Fat; 25g Protein; 35g Carbohydrate; 7g Dietary Fiber; 46mg Cholesterol; 1098mg Sodium. **Exchanges:** 1 Grain(Starch); 3 Lean Meat; 4 Vegetable; 0 Fat. **Points:** 7

SERVING SUGGESTION: Serve braised collard greens on the side.

GLUTEN FREE: Make sure broth, tomato sauce and tomato paste are gluten free.

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Balsamic Peach Salmon

Day 3 – Serves 6

INGREDIENTS:

3 cloves garlic, pressed	1/2 cup chopped onion
1 tablespoon ground allspice	1 1/2 cups frozen peaches
1 teaspoon sea salt	2 cups low sodium vegetable broth
1/2 teaspoon freshly ground black pepper	2 tablespoons balsamic vinegar
1 1/2 pounds skinless salmon fillets, cut into 2-inch cubes	2 tablespoons honey
	2 cups cooked brown rice



INSTRUCTIONS:

In a large zipper-topped plastic bag, place garlic, allspice, salt and pepper; shake to combine. Add salmon cubes and gently shake to coat; refrigerate until later. In a slow cooker, combine next 5 ingredients (onion through honey). Cover and cook for 1 to 2 hours or until onion is soft and peaches are fork-tender. Prepare rice. Meanwhile, stir salmon cubes into the slow cooker. Cover and cook for 15 to 20 minutes or just until salmon flakes easily when tested with a fork. Serve immediately over hot cooked rice.

NUTRITION per serving: 272 Calories; 5g Fat; 28g Protein; 29g Carbohydrate; 4g Dietary Fiber; 59mg Cholesterol; 564mg Sodium. **Exchanges:** 1 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Points: 7

SERVING SUGGESTION: Serve steamed asparagus on the side.

GLUTEN FREE: Make sure broth and vinegar are gluten free.

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DO-AHEAD TIP: Cook rice in time for dinner.

Turkey and Vegetable Stew

Day 4 - Serves 6

INGREDIENTS:

1 pound ground turkey	1 cup sliced carrots
4 cloves garlic, pressed	1/2 cup chopped onion
1 tablespoon dried oregano	2 cups tomato sauce
1/2 teaspoon crushed red pepper flakes	1 cup low sodium vegetable broth
1 teaspoon sea salt	2 cups chopped red bell pepper
1/2 teaspoon freshly ground black pepper	1 cup cooked brown rice
1 cup sliced zucchini	1 cup shredded Mozzarella cheese, optional



INSTRUCTIONS:

Place first 12 ingredients in a slow cooker (ground turkey through bell pepper); blend well, breaking up the ground turkey. Cover and cook on HIGH for 6 to 8 hours or until ground turkey is cooked through. Stir in cooked rice. Top with cheese if desired. Serve immediately.

NUTRITION per serving: 218 Calories; 7g Fat; 18g Protein; 22g Carbohydrate; 5g Dietary Fiber; 60mg Cholesterol; 975mg Sodium. **Exchanges:** 1/2 Grain(Starch); 2 Lean Meat; 2 1/2 Vegetable; 0 Fat. **Points:** 5

SERVING SUGGESTION: Serve a big spinach salad on the side.

GLUTEN FREE: Make sure tomato sauce and broth are gluten free.

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DO-AHEAD TIP: Cook noodles in time for dinner.

Budget Beef Burgundy

Day 5 - Serves 6

INGREDIENTS:

1 pound extra lean ground beef
6 cloves garlic, pressed
1 (14.5-oz.) can crushed tomatoes
1/4 cup tomato sauce
1/4 cup low sodium beef broth
1/2 cup dry red wine, or use red grape juice with a splash of cider vinegar
1 tablespoon Herbes de Provence

1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
2 cups sliced onion
1/2 cup sliced carrots
1 cup sliced white button mushrooms
1 tablespoon cornstarch
1 tablespoon water
1 (8-oz.) package egg noodles, prepared according to package directions



INSTRUCTIONS:

Place first 11 ingredients (ground beef through carrots) in a slow cooker; blend well, breaking up the ground beef. Cover and cook on LOW for 6 to 8 hours. Add mushrooms and cook for 15 minutes. In a cup, combine cornstarch and water. Raise slow cooker heat setting to HIGH; stir in cornstarch/water mixture and cook for 10 to 15 minutes or until thickened. Stir well then ladle stew over prepared egg noodles. Enjoy!

NUTRITION per serving: 397 Calories; 15g Fat; 22g Protein; 40g Carbohydrate; 4g Dietary Fiber; 88mg Cholesterol; 546mg Sodium. **Exchanges:** 2 Grain(Starch); 2 Lean Meat; 2 Vegetable; 1 1/2 Fat. **Points:** 10

SERVING SUGGESTION: Serve braised cabbage on the side.

GLUTEN FREE: Make sure tomatoes, tomato sauce, broth, wine (or juice/vinegar), Herbes de Provence and noodles are gluten free. Use arrowroot starch instead of cornstarch.

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Crock Cooker Club Volume 12 – Shopping List

Day 1: Shrimp and Vegetable Curry
Day 2: Pineapple Jalapeno Chicken
Day 3: Thai Style Beef Stew
Day 4: Citrus Turkey and Vegetables
Day 5: Tequila Lime Pork

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

1 1/2 pounds lean beef roast [D3]
1 pound pork tenderloin [D5]
4 (6-oz.) boneless skinless chicken breast halves [D2]
4 (6-oz.) boneless skinless turkey breast cutlets [D4]
1 pound medium shrimp, peeled and deveined (or buy frozen) [D1]

CONDIMENTS

Cider vinegar [D2]
Rice vinegar [D3]
Low sodium soy sauce [D2,D3]
Honey [D2,D5]
Tequila (optional 2 tablespoons) [D5]
**Salad dressing (your choice) [D5]

CANNED GOODS

Low sodium chicken broth (1 cup) [D2]
Low sodium beef broth (1 1/2 cups) [D3]
Low sodium vegetable broth (5 cups) [D1,D4,D5]
Pineapple (1 cup chopped) (if not using fresh) [D2]
Pineapple juice (1/4 cup) [D2]
Coconut milk, unsweetened (2 cups) [D1,D3]

SPICES

Sea salt [D2,D4,D5]
Black peppercorns [D2,D4,D5]
Sweet curry powder [D1]
Ground fennel seed [D1]
Ground ginger [D2,D3]

DRY GOODS

Light brown sugar [D2,D3]
Brown rice (2 cups cooked) **Additional [D1,D3,D5]
Couscous (2 cups cooked) [D4]
Baked tortilla chips (1/2 cup crushed) [D5]

PRODUCE

Onions (1 1/2 cups chopped) [D1,D4]
Red onions (1 1/2 cups chopped) [D2,D5]
Garlic (16 cloves) [D1,D2,D3,D4,D5]
Red potatoes (2 cups cubed) **Additional [D1,D2]
Green onions (1/4 cup chopped) **Additional [D3,D5]
Carrots (1 cup sliced) [D1]
Tomatoes (2 cups chopped) [D1,D5]
Red bell peppers (2 cups chopped) [D3,D4]
Jalapenos (3 tablespoons plus 1 teaspoon diced) [D2,D5]
Portabella mushrooms (1 cup sliced) [D3]
Baby bok choy (2 cups chopped) [D3]
Spinach (1 cup chopped) [D1]
Cilantro (1 1/2 cups chopped) [D2,D5]
Lemons (2 tablespoons juice and 1 teaspoon zest) [D4]
Limes (1/3 cup plus 1/4 cup plus 3 tablespoons juice and 1/2 tablespoon plus 1 teaspoon zest) [D3,D4,D5]
Oranges (2 tablespoons juice and 1 tablespoon zest) [D4]
Pineapple (1 cup chopped) (or use canned) [D2]
**Zucchini [D1]
**Yellow squash [D1]
**Green beans [D2]
**Asparagus [D4]
**Broccoli [D3]
**Shitake mushrooms [D1]
**Lettuce (not Iceberg, no nutrition) [D5]
**Salad veggies (your choice) [D5]

DAIRY/DAIRY CASE

**Sour cream (for garnish) [D5]

FREEZER

1 pound medium shrimp, peeled and deveined (if not using fresh) [D1]

GLUTEN FREE

Vinegars [D2,D3]
Soy sauce [D2,D3]
Tequila (if using) [D5]
Chicken broth [D2]
Beef broth [D3]
Vegetable broth [D1,D4,D5]
Curry powder [D1]
Quinoa or gluten free couscous [D4]
Tortilla chips [D5]

[D1] – [D5] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Shrimp and Vegetable Curry

Day 1 – Serves 6

INGREDIENTS:

1/2 cup chopped onion
3 cloves garlic, pressed
2 tablespoons sweet curry powder
1/4 teaspoon ground fennel seed
1 1/2 cups low sodium vegetable broth
1 1/2 cups unsweetened coconut milk

2 cups peeled and cubed red potatoes
1 cup chopped tomatoes
1 cup sliced carrots
2 cups cooked brown rice
1 pound medium shrimp, peeled and deveined
1 cup chopped spinach



INSTRUCTIONS:

In a slow cooker, combine first 9 ingredients (onion through carrots); blend well. Cover and cook on LOW for 1 to 2 hours or until potatoes and carrots are fork-tender. Prepare rice. Meanwhile, stir shrimp into the slow cooker and cook for 10 minutes or until pink and opaque. Stir in chopped spinach and cook just until just wilted. Serve immediately over brown rice and enjoy!

NUTRITION per serving: 374 Calories; 17g Fat; 23g Protein; 35g Carbohydrate; 6g Dietary Fiber; 115mg Cholesterol; 270mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 3 Fat. **Points:** 10

SERVING SUGGESTION: Stir-fried sliced zucchini, yellow squash and shitake mushrooms.

GLUTEN FREE: Make sure curry powder and broth are gluten free.

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Pineapple Jalapeno Chicken

Day 2 – Serves 4

INGREDIENTS:

4 (6-oz.) boneless skinless chicken breast halves
1 tablespoon honey
2 tablespoons cider vinegar
1/4 cup low sodium soy sauce
1 teaspoon ground ginger
3 cloves garlic, pressed
1/4 cup pineapple juice

1 cup low sodium chicken broth
2 tablespoons light brown sugar
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 cup chopped pineapple
1 cup chopped red onion
2 tablespoons diced jalapeno
1 cup chopped cilantro



INSTRUCTIONS:

Place chicken in slow cooker. In a medium bowl, whisk together next 10 ingredients (honey through black pepper); pour mixture over chicken then add pineapple, onion and jalapeno. Cover and cook on LOW for 6 to 8 hours or until chicken juices run clear. Stir in chopped cilantro and serve immediately.

NUTRITION per serving: 294 Calories; 2g Fat; 44g Protein; 23g Carbohydrate; 2g Dietary Fiber; 99mg Cholesterol; 1317mg Sodium. **Exchanges:** 0 Grain(Starch); 6 Lean Meat; 1 Vegetable; 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates. **Points:** 7

SERVING SUGGESTION: Steamed red potatoes and steamed green beans.

GLUTEN FREE: Make sure vinegar, soy sauce and broth are gluten free.

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Thai Style Beef Stew

Day 3 – Serves 6

INGREDIENTS:

1 1/2 pounds lean beef roast, cut into 1-inch cubes	1/2 cup unsweetened coconut milk
1 teaspoon ground ginger	1/4 cup low sodium soy sauce
3 cloves garlic, pressed	2 tablespoons rice vinegar
1 cup chopped red bell pepper	2 tablespoons light brown sugar
1/4 cup chopped green onions	2 tablespoons lime juice
1 1/2 cups low sodium beef broth	1 cup sliced portabella mushrooms
	2 cups chopped baby bok choy



INSTRUCTIONS:

Place beef cubes in slow cooker; toss with ginger and garlic then add next 8 ingredients (bell pepper through lime juice); blend well. Cover and cook on LOW for 6 to 8 hours or until beef is fork-tender. Stir in mushrooms then raise slow cooker heat setting to HIGH; cook for 15 to 20 minutes or until mushrooms are just tender. Stir in baby bok choy and cook just until wilted. Serve immediately and enjoy!

NUTRITION per serving: 344 Calories; 21g Fat; 28g Protein; 11g Carbohydrate; 2g Dietary Fiber; 69mg Cholesterol; 488mg Sodium. **Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.

Points: 9

SERVING SUGGESTION: Serve over brown rice; add steamed broccoli spears on the side.

GLUTEN FREE: Make sure broth, soy sauce, and vinegar are gluten free.

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DO-AHEAD TIP: Prepare couscous in time for dinner.

Citrus Turkey and Vegetables

Day 4 - Serves 4

INGREDIENTS:

4 (6-oz.) boneless skinless turkey breast cutlets	1 cup chopped red bell pepper
1/2 tablespoon lime zest	1/4 cup lime juice
1 teaspoon lemon zest	2 tablespoons lemon juice
1 tablespoon orange zest	2 tablespoons orange juice
1 teaspoon sea salt	1/4 teaspoon freshly ground black pepper
3 cloves garlic, pressed	2 cups low sodium vegetable broth
1 cup chopped onion	2 cups cooked couscous



INSTRUCTIONS:

Combine all ingredients except couscous in slow cooker; stir well to combine. Cover and cook on LOW for 8 to 10 hours. Stir and serve immediately over hot couscous.

NUTRITION per serving: 342 Calories; 1g Fat; 51g Protein; 29g Carbohydrate; 5g Dietary Fiber; 105mg Cholesterol; 819mg Sodium. **Exchanges:** 1 Grain(Starch); 5 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat. **Points:** 8

SERVING SUGGESTION: Serve steamed asparagus on the side.

GLUTEN FREE: Make sure broth is gluten free. Use gluten free couscous or substitute with quinoa.

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Tequila Lime Pork

Day 5 - Serves 4

INGREDIENTS:

1 pound pork tenderloin	1/3 cup plus 1 tablespoon lime juice, divided
4 cloves garlic, pressed, divided	2 tablespoons honey
1 teaspoon sea salt	1 1/2 cups low sodium vegetable broth
1/2 teaspoon freshly ground black pepper	1 cup chopped tomatoes
1 teaspoon lime zest	1/2 cup chopped red onion
4 teaspoons diced jalapeno, divided	1/2 cup chopped cilantro
2 tablespoons tequila, optional	1/2 cup crushed baked tortilla chips



INSTRUCTIONS:

Rub tenderloin with 3 cloves of the garlic, the salt, pepper and lime zest then place it in a slow cooker. Top with 3 teaspoons of the jalapeno, the tequila (if using), 1/3 cup of the lime juice, the honey, and broth. Cover and cook on LOW for 6 to 8 hours or until pork is cooked through and fork-tender. Meanwhile, prepare Pico de Gallo: In a medium bowl, combine tomatoes, remaining garlic, remaining lime juice, remaining jalapeno, the red onion, and the cilantro; blend well. Top pork with pico de gallo and a few tablespoons of sauce from slow cooker; garnish with crushed tortilla chips. Serve immediately and enjoy!

NUTRITION per serving: 270 Calories; 4g Fat; 30g Protein; 24g Carbohydrate; 3g Dietary Fiber; 74mg Cholesterol; 781mg Sodium. **Exchanges:** 1/2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Points: 6

SERVING SUGGESTION: Brown rice topped with a dollop of sour cream and diced green onion; add a big salad on the side.

GLUTEN FREE: Make sure tequila (if using), broth and tortilla chips are gluten free.

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