
7 DAYS OF CROCK POT DELICIOUSNESS

1. POT ROAST WITH POTATOES AND CARROTS
 2. CHEATER COQ A VIN
 3. PORK CHOPS AND POTATOES IN MUSTARD SAUCE
 4. SOUTH PACIFIC CHICKEN & VEGGIES
 5. TACO SOUP
 6. SWISS STEAK
 7. CHEESEY HAM CASSEROLE
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All meals have been carefully chosen for ease of preparation. None contain more than 8 ingredients (including water and salt) and should take about 15 (or less) to assemble.

POT ROAST WITH POTATOES AND CARROTS

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| 1 chuck roast (2-4 lbs) | 2 cans beef gravy |
| 1 onion, cut into 8 peices | 1 teas garlic powder or season salt
or something like that |
| 2-3 baking potatoes, cut into
wedges/chunks | 2 teas dried basil |
| 3 cps baby carrots | |
1. Place carrots and onions on bottom of crockpot and place meat on top of them
 2. Sprinkle meat with seasonings. Place potatoes on top of meat and pour gravy over everything.
 3. Cook oh low 10-12 hours or on high 6 or so until meat is tender.

CHEATER COQ A VIN

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| 1 pkg pre-sliced mushrooms | 1 cn condensed golden mushroom
soup |
| 1 bag frozen whole small white
onions | 1 cp red wine (something you will
drink later or give to me ☺) |
| 1 teas rosemary | |
| 2 lbs boneless chicken | |
1. Place mushrooms, onions, and chicken in crockpot. Sprinkle with rosemary.
 2. Mix together wine and soup. Pour over chicken and veggies.
 3. Cook on low for 8-9 hours or on high 4-5 hours

Serve over instant mashed potatoes. You might serve peas with this because it would be yummy to mix them in.

PORK CHOPS AND POTATOES IN MUSTARD SAUCE

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| 6 pork chops | 1 teas each thyme & pepper |
| 1 can mushroom soup | 1 bg diced potatoes with
onion(refriderated) |
| ¼ c white wine or chicken broth | |
| ¼ c Dijon mustard | |
1. Place potatoes in crock pot and cover with pork chops
 2. Mix soup, mustard, wine, and spices together. Pour over meat.
 3. Cook on low 8 hours or on high 3-4 hours

SOUTH PACIFIC CHICKEN & VEGGIES

2 cans chicken broth	1 bag frozen stir fry type veggies
1 cup water	(green & red peppers with snow
¼ c soy sauce	peas or something similar)
1 teas garlic powder	1 can (20 oz) pineapple chunks
2 lbs chicken boneless chicken	1 cup uncooked rice (not minute
pieces	rice)

1. Stir broth, water, soy sauce, garlic together in crock pot. Stir in rice and pineapple (undrained).
2. Add chicken to pot and mix well.
3. Cook on low 7-8 hours

TACO SOUP

1 lb hamburger	1 can tomato sauce
1 packet taco seasoning mix	1 can kidney beans
1 envelope onion soup mix	1 can corn
3 cps water	1 can diced tomatoes

1. Throw everything in the crock pot and cook for 6-8 hours. Can add some cooked macaroni 15 minutes before serving if you want.

SWISS STEAK

Flank Steak (2-4 lbs)	1 can diced tomatoes with green
1 can french-style green beans	pepper & onion
1 can mushrooms	1 lb or so small new potatoes
	1 onion, cut in 8 peices

1. place onion in bottom of crock; top with meat (you can season with some salt, pepper, season-all, whatever you feel like here... or nothing, it will still be good).
2. Pour onions and green beans over meat; Cut potatoes in half if necessary (try to buy the little ones so you can skip this) and put on beans. Pour tomatoes over the top.
3. Cook 8-10 hours on low or 5-6 on high until meat is tender

CHEESEY HAM CASSEROLE

1 bag hashbrowns with
onions/peppers
1 8 oz container sour cream
1 can cream of chicken soup

½ c butter
16 oz package diced ham
1 ½ c shredded cheddar cheese

1. Spray crockpot with cooking spray. Stir all the ingredients together and spoon into crockpot.
2. Cook on high for 1 ½ hours then turn to low for an additional 2-3 hours.

Some peas served with this would be delicious and nutritious! If you want, you could add them to the pot the last 30 minutes of cooking.

Shopping List

Meat	Staples	Dairy	Produce	Frozen
chuck Roast (2-4 lbs)	1 20 oz can pineapple chunks	butter	2 onion	1 bag small pearl onions
4 lb boneless chicken	Instant mashed potatoes	1 bag hashbrowns with onion	pre-sliced mushrooms	1 bag stir-fry veggies
pork chops	mushroom soup	sour cream	1 bag baby carrots	(peppers, onions, & snow
1 lb hamburger	1 can golden mushroom soup	1 bag shredded cheddar cheese	2-3 baking potatoes	
flank steak (2-4 lb)	2 cans beef gravy	1 bag diced potatoes with onions	1 lb or so small new potatoes	
16 oz diced ham	2 cans chicken broth			
	lipton onion soup mix			
	taco seasoning packet			
	1 can tomato sauce			
	1 can kidney beans			
	1 can corn			
	white wine			
	red wine			
	2 can diced tomatoes with green pepper and onion			
	1 can french-style green beans			
	1 can mushrooms			

Check to make sure you have these staples:

garlic Powder	thyme
rosemary	Rice (not instant)
dry basil	soy sauce
dijon mustard (or spicy brown)	