

Crock Cooker Menu-Mailer Menu and Shopping List – Six Servings

Sample Issue 1

Spring Menu

MENU

Day 1: Savory Crock Pork Stew, mashed potatoes and steamed broccoli and baby carrots

Day 2: Crock Split Pea Soup, spinach salad and corn muffins

Day 3: Greek Crock Chicken, couscous and sauteed zucchini, yellow squash and cherry tomatoes

Day 4: Crock Mixed Beans and Turkey Ham, brown rice and fruit kabobs

Day 5: Crock Lasagna, salad and warm, crusty bread

SHOPPING LIST:

MEAT

1 1/2 pounds boneless pork shoulder roast [D1]

6 skinless chicken thighs [D3]

Turkey ham (need 1 1/2 cups, chopped) [D4]

1 pound extra lean ground beef [D5]

CONDIMENTS

Olive oil [D1]

Worcestershire sauce [D2]

Honey [D3]

Dry red wine (need 1/2 cup) [D3]

Vinegar (need a dash—if not using red wine) [D3]

Salad dressing(s)—your choice [D2.,5]

PRODUCE

3 pounds onions (keep on hand) [D2,3,4,5]

Russet potatoes (1 cup, diced) **Additional (1 meal) [D1,2]

Carrots (1 large plus 3/4 cup, diced) [D2,4]

Celery (1 3/4 cups, chopped) [D2,4]

Green onions (1/2 cup, sliced) [D1]

Baby carrots (8 ounces) **Additional (1 meal)[D1,3]

Lemons (2 tablespoons juice) [D3]

**Broccoli (1 meal) [D1]

**Spinach (1 meal) [D2]

**Zucchini, yellow squash and cherry tomatoes (1 meal) [D3]

**Apples, oranges, bananas and kiwi (1 meal) [D4]

**Lettuce for 1 salad (not Iceberg—no nutrition) [D5]

**Salad veggies—your choice [D5]

CANNED GOODS

5 14.5-oz. cans low-sodium chicken broth [D1,2,4]

1 6-oz. can tomato paste [D3]

1 16-oz. jar/can spaghetti sauce—your favorite [D5]

Red grape juice (need 1/2 cup - if not using red wine) [D3]

SPICES

Rosemary [D1]

Sage [D1]

Garlic powder [D2,3]

Bay leaves [D2]

Cumin [D3]

Cinnamon [D3]

Parsley flakes [D4]

Thyme [D4]

**Greek seasoning [D3]

DAIRY/DAIRY CASE

Half and half (3/4 cup) U.K. Members: Half and half is half milk and half cream [D1]

Low-fat sour cream (4 ounces) [D5]

Cream cheese (4 ounces) [D5]

Feta cheese (1/3 cup, crumbled) [D3]

Mozzarella cheese (1 1/2 cups, shredded) [D5]

Cheddar cheese (1 1/2 cups, shredded) [D5]

**Butter [D1,2,5]

DRY GOODS

Flour [D1,3]

Baking soda [D4]

1 pound Split peas [D2]

1 cup Mixed dry beans—your choice [D4]

1 12-oz. package Lasagna noodles [D5]

**Whole wheat couscous (1 meal) [D3]

**Brown rice (1 meal) [D4]

BAKERY

**Corn muffins (1 meal) [D2]

**Crusty bread (1 meal) [D5]

OTHER

**Gallon-size zip-lock plastic bags [D3]

**Bamboo skewers [D4]

Savory Crock Pork Stew

INGREDIENTS: (Serves 6)

1 tablespoon olive oil	1 teaspoon dried rosemary
1 1/2 pounds boneless pork shoulder roast, cut into 3/4" cubes	1/2 teaspoon dried sage
1 (14.5 ounce) can low-sodium chicken broth	Salt and pepper to taste
1/2 cup sliced green onions	3 tablespoons flour
	3/4 cup half and half

COOKING INSTRUCTIONS: In a skillet, heat oil over medium-high heat; brown pork cubes. Add chicken broth, onions and seasonings. Bring to a boil; reduce heat; transfer to slow cooker. Cook on low heat setting for 8 hours. Toward the end of the cooking time, turn temperature control to HIGH. In a small bowl, combine flour and half and half; mixing until smooth. Gradually stir into the stew. Keep the lid off and cook, stirring until thickened. (depending on the make, model and age of your slow cooker, you may need to place stew in a pot to thicken on the stovetop). It's not going to be really thick anyway—just thicker.

NUTRITION per serving: 358 Calories; 27g Fat; 23g Protein; 4g Carbohydrate; trace Dietary Fiber; 90mg Cholesterol; 523mg Sodium. Exchanges: 0 Grain (Starch); 3 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.

SERVING SUGGESTION: Mashed russet potatoes and steamed broccoli and baby carrots.

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Crock Split Pea Soup

INGREDIENTS: (Serves 8)

1 quart water	1 cup Russet potatoes, peeled and diced
2 (14.5 ounce) cans low-sodium chicken broth	1 carrot (1 to 2 carrots), shredded
1 pound split peas	1/8 teaspoon Worcestershire sauce
1 large onion, chopped	1 teaspoon garlic powder
1 cup celery, chopped	1/2 bay leaf
	Salt and pepper to taste

COOKING INSTRUCTIONS: Place all ingredients in slow cooker EXCEPT the salt (never add salt to legumes till AFTER they're soft). Cook on low heat setting all day (6 to 8 hours). Remove bay leaf and season with salt and pepper before serving.

NUTRITION per serving: 222 Calories; 1g Fat; 15g Protein; 41g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 567mg Sodium. Exchanges: 2 1/2 Grain (Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

SERVING SUGGESTION: A big spinach salad and corn muffins.

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Greek Crock Chicken

<p>INGREDIENTS: (Serves 6)</p> <p>6 skinless chicken thighs, cut into 1-inch pieces</p> <p>2 tablespoons flour</p> <p>8 ounces baby carrots</p> <p>2 medium onions, cut into 6 thin wedges</p> <p>1/2 cup dry red wine (or substitute red grape juice with a splash of vinegar)</p>	<p>1 (6 ounce) can tomato paste</p> <p>3 tablespoons water</p> <p>2 tablespoons lemon juice</p> <p>1 teaspoon cumin</p> <p>1/2 teaspoon cinnamon</p> <p>1 teaspoon honey</p> <p>1/3 cup crumbled feta cheese</p>
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COOKING INSTRUCTIONS: In a large zip-lock plastic bag, combine chicken and flour; toss to coat evenly. Place chicken in slow cooker, then place carrots and onions on top. Combine tomato paste, wine (or juice), water, lemon juice, cumin and cinnamon; mix until well blended pour over chicken and veggies. Cover and cook on low heat setting for 6 to 7 hours, or until chicken is tender. Add honey and blend well. Sprinkle each serving with a small amount of feta cheese.

NUTRITION per serving: 184 Calories; 5g Fat; 17g Protein; 16g Carbohydrate; 3g Dietary Fiber; 64mg Cholesterol; 395mg Sodium. Exchanges: 0 Grain (Starch); 2 Lean Meat; 2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

SERVING SUGGESTION: Whole wheat couscous and sautéed zucchini, yellow squash and cherry tomatoes sprinkled with a little garlic powder and Greek seasoning.

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DO AHEAD TIP: Soak beans overnight for tomorrow's meal.

Crock Mixed Beans and Turkey Ham

<p>INGREDIENTS: (Serves 6)</p> <p>1 cup dry beans, mixed, your choice</p> <p>3/4 cup carrots, diced</p> <p>3/4 cup celery, diced</p> <p>3/4 cup onion, chopped</p> <p>1 1/2 cups turkey ham, chopped</p>	<p>2 (14.5 ounce) cans low-sodium chicken broth</p> <p>1 1/2 tablespoons parsley flakes</p> <p>1/4 teaspoon thyme</p> <p>1/2 teaspoon baking soda</p> <p>Salt and pepper, to taste after beans are cooked</p>
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COOKING INSTRUCTIONS: Drain and rinse soaked beans. Place in slow cooker; cover on high heat setting for 4 hours, or until beans are tender. Add remaining ingredients and cook for another 2 to 3 hours until done. Add more water as needed.

NUTRITION per serving: 232 Calories; 4g Fat; 25g Protein; 25g Carbohydrate; 6g Dietary Fiber; 33mg Cholesterol; 1009mg Sodium. Exchanges: 1 1/2 Grain (Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.

SERVING SUGGESTION: Serve over brown rice with fruit kabobs on the side (alternate chunks of apple, orange, kiwi and banana on bamboo skewers).

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Crock Lasagna

INGREDIENTS: (Serves 6-8: nutritional info for 8)

1 pound extra lean ground beef	4 ounces low-fat sour cream
1 onion, chopped	1 (12 ounce) package lasagna noodles, uncooked
1 (16 ounce) jar/can spaghetti sauce (your favorite)	1 1/2 cups shredded mozzarella cheese
4 ounces low-fat cream cheese (softened)	1 1/2 cups shredded cheddar cheese

COOKING INSTRUCTIONS: In a skillet over medium-high heat, brown meat and onion. Blot excess grease; set aside. In a large mixing bowl, combine spaghetti sauce, cream cheese and sour cream. Blend well. In another bowl, combine mozzarella and cheddar cheeses. Grease the inside of your slow cooker insert. Break lasagna noodles in halves or thirds to fit into your slow cooker pot. Layer in the following order: Noodles, meat mixture, mozzarella/cheddar mixture. Repeat layers, ending with mozzarella/cheddar on top. Cover and cook for the first two hours on high heat setting, then reduce temperature to low for an additional 3 to 4 hours. Watch closely toward the end of the cooking time to make sure it doesn't scorch.

NUTRITION per serving: 503 Calories; 21g Fat; 30g Protein; 46g Carbohydrate; 3g Dietary Fiber; 66mg Cholesterol; 679mg Sodium. Exchanges: 2 Grain (Starch); 3 1/2 Lean Meat; 2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.

SERVING SUGGESTION: A big salad and warm crusty garlic bread.

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CROCK COOKER TIPS for SUCCESSFUL MEALS

- 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. For the most part, we use chicken thighs as they hold up better and dry out less in the crock pot.
- 4) For best results most slow cooker manufacturers recommend that the appliance be one half to three fourths 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 difference? 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!