

Grocery List

DATE _____

PRODUCE

- 2 onion
- 1 green pepper
- 6 cloves garlic
- 24 ounces petite red potatoes
- 2 cups baby carrots

REFRIGERATED

- 4 ounce cream cheese
- 16 ounces cottage cheese
- 2 cups shredded mozzarella cheese
- ¼ cup shredded sharp cheddar cheese
- 8 ounce block sharp cheddar cheese
- 8 ounce block colby jack cheese
- ½ cup parmesan cheese

PANTRY

- Olive oil
- Maple syrup
- Lasagna noodles (or gluten-free)
- 16 ounce dry pasta or spaghetti (or gluten-free)
- 8 ounces elbow pasta (or gluten-free)
- 1 packet dry ranch dressing
- Nonstick cooking spray

SPICES

- Chili powder
- Cumin
- Granulated garlic
- Pumpkin pie spice
- Salt
- Pepper
- Oregano
- Dry mustard

CANNED GOODS

- 2 15 ounce cans pumpkin
- 2 15 ounce cans diced tomatoes
- 5 cups vegetable or chicken broth
- 15 ounce can Great northern beans
- 15 ounce can Rotel tomatoes
- 28 ounce crushed tomatoes
- 15 ounce tomato sauce
- 24 ounce salsa
- 29 ounce tomato sauce
- 10.5 ounce can french onion soup (Knorr dry french onion soup for gluten free)
- 12 ounces Evaporated milk

MEAT

- 1 pound ground beef
- 2 cups diced chicken (or 2 large cans chicken)
- 3 pounds boneless, skinless chicken thighs

OTHERS/ NOTES

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Crockpot Mac and Cheese

A no-boil crock pot mac and cheese recipe that's creamy and delicious.

This simple pasta is super creamy made with evaporated milk, chicken broth, and loads of cheese. It cooks in just 1 1/2 hours and is a great lunch option for kids.

EQUIPMENT

- Slow cooker
- Medium-sized mixing bowl
- Spoon
- Measuring cups
- Cheese grater

INGREDIENTS

- 8 ounces elbow pasta or gluten-free pasta
- 12 ounce can evaporated milk
- 2 cups chicken broth
- 8 ounce block sharp cheddar cheese, grated (don't use pre-shredded cheese)
- 8 ounce block, colby jack cheese, grated
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 1.2 teaspoon pepper
- Nonstick cooking spray

INSTRUCTIONS

1. **PREPARE THE SLOW COOKER.** Spray the bottom of your slow cooker with nonstick cooking spray.
2. **BLEND THE INGREDIENTS.** In a medium-sized mixing bowl, add dry pasta, evaporated milk, chicken broth, cheddar cheese, Colby jack cheese, dry mustard, salt, and pepper. Stir well and pour into the slow cooker.
3. **COOK.** Cook on low for 1 1/2- 2 hours or until pasta is cooked and cheese melted. Gently stir. Over stirring will cause the pasta to become mushy.

Prep Time: 10 mins
Cook Time: 1 hr 30 mins



Crockpot Chicken and Potatoes

A crockpot chicken recipe that takes 5 minutes to assemble, cooks all day, and is a complete meal ready for dinner when you are.

EQUIPMENT

- Crockpot

INGREDIENTS

- 3 pounds boneless, skinless chicken thighs
- 24 ounces petite red potatoes
- 2 cups baby carrots
- 10.5 ounce can french onion soup
- 1 ounce packet dry ranch dressing

INSTRUCTIONS

1. Assemble ingredients in the Crockpot. Layer potatoes, carrots, chicken thighs, french onion soup, and dry ranch dressing in the slow cooker.
2. Cook. Cook on high for 4 hours or low for 6-8 hours or until internal temperature of the chicken is 165°F.

Prep Time: 5 mins
Cook Time: 8 hrs



NOTES

TO MAKE GLUTEN-FREE:

Swap the french onion soup mix for Knorr dry french onion soup mix plus 1 cup gluten-free chicken broth.

Crockpot Chicken Pasta

Crockpot Chicken Pasta is made with under 10 ingredients. Spaghetti sauce is blended with chicken and salsa for a zesty pasta dish.

INGREDIENTS

- 2 cups diced chicken or 2 9.75 oz. cans chicken, drained
- 24 oz. jar spaghetti sauce use gluten-free if needed
- 24 oz. jar salsa use gluten-free if needed
- 29 oz. can tomato sauce
- 1 cup chicken or vegetable broth use gluten-free if needed
- 1 tsp. minced garlic
- 16 oz. dry pasta or spaghetti noodles use gluten-free if needed
- 1/4 cup shredded sharp cheddar cheese use gluten-free if needed
- 1/4 cup shredded Parmesan cheese

Prep Time: 5 mins

Cook Time: 2 hrs 30 mins

Total Time: 2 hrs 35 mins



INSTRUCTIONS

1. To crock pot, add chicken, spaghetti sauce, salsa, tomato sauce, broth, garlic, and dry pasta. *If using gluten-free pasta, wait to add until 30 minutes before serving.
2. Cook on low for 4 hours or high for 2 hours.
3. Stir in shredded cheese just before serving.

NOTES

TO EXTEND COOKING TIME

Omit pasta until the last 2 hours or boil noodles and add them when serving.

Crockpot Lasagna Casserole

Crockpot Lasagna Casserole is a healthy crock pot recipe that tastes as good as it looks. This simple lasagna is a delicious crockpot meal for kids your whole family will love.

INGREDIENTS

- 1 lb. ground round beef use gluten free if needed
- 1 medium onion diced
- 1 tbsp. olive oil
- 15 oz. can Rotel Tomatoes drained
- 1 tbsp. minced garlic
- 1 tbsp. dried oregano
- 15 whole lasagna noodles (Don't use the no cook noodles) use gluten free if needed
- 28 oz. can crushed tomatoes
- 15 oz. can tomato sauce
- 16 oz. cottage cheese use gluten free if needed
- 2 cups shredded mozzarella cheese use gluten free if needed
- 1/4 cup Parmesan cheese

Prep Time: 20 mins
Cook Time: 6 hrs
Total Time: 6 hrs 20 mins



INSTRUCTIONS

1. In a medium-sized skillet, heat olive oil. Sauté onions until translucent. Add beef, cook until browned. Drain. Add garlic and oregano to beef, let cook for 1 minute. Stir in Rotel tomatoes.
2. In a crockpot, layer 1/4th of the beef mixture. Add 4-5 lasagna noodles on top, breaking to fit. Top with 1/3 cottage cheese then 1/4 of the mozzarella cheese. Pour the whole can of tomato sauce on top of mozzarella cheese. Layer another 1/4 of the ground beef, 4-5 lasagna noodles, 1/3 cottage cheese, and 1/4 mozzarella cheese. Pour 1/2 of the can of crushed tomatoes on top of the mozzarella cheese.
3. Repeat the layers once more. 1/4 ground beef, lasagna noodles, the last of the cottage cheese, 1/4 mozzarella cheese, and then the rest of the crushed tomatoes. Add the last of the beef mixture on top. Cover. Place into the refrigerator or crock pot for cooking.
4. Cook on low for 6 hours, or high for 4 hours. Top with remaining mozzarella cheese and Parmesan cheese. Cover and let the cheese melt. Serve immediately.

Crockpot Pumpkin Soup

This Crockpot Pumpkin Soup is the perfect fall recipe idea. Pumpkin blends into this chili recipe seamlessly boosting nutrition, and adding a delicious creaminess to the slow cooker soup. Cream cheese is added at the end of cooking for the perfect finishing touch.

INGREDIENTS

- 1 medium onion diced
- 1 medium pepper diced
- 1 tbsp olive oil
- 2 15 oz. cans pumpkin
- 2 15 oz. cans diced tomatoes
- 2 cups vegetable or chicken broth check for gluten-free if needed
- 15 oz. can Great Northern Beans
- 1 tbsp. maple syrup
- 1 tbsp. chili powder
- 1 tbsp. cumin
- 1 tsp. granulated garlic
- 1 tsp. salt
- 1/2 tsp. pumpkin pie spice
- 1/2 tsp. pepper
- 4 oz. cream cheese

Prep Time: 10 mins
Cook Time: 4 hrs
Total Time: 4 hrs 10 mins



INSTRUCTIONS

1. Heat olive oil in a medium sized sauté pan. Sauté onions and peppers until translucent, about 4 minutes.
2. Add sautéed onions and peppers to the crockpot.
3. To the crockpot add all ingredients except the cream cheese.
4. Cook 2-3 hours on high, or 7-8 hours on low.
5. Before serving, stir in cream cheese until melted.

NOTES

Garnish with shredded cheese, green onions, or sour cream.