

CROCKPOT MEALS On a Budget!

HONEY GARLIC

CHICKEN PASTA

Chicken Thighs (1.5lbs)- \$4.44

Garlic (4 cloves)- \$0.28

Honey (1/3 cup)- \$1.21

Soy Sauce (1/4 cup)-\$0.21

Ketchup (2 tbsp)- \$0.09

Frozen Broccoli- \$1.16

Pasta (1lb)-\$0.98

\$8.37

1. In a mixing bowl, combine the honey, minced garlic, soy sauce, and ketchup.
2. Place the chicken thighs in the crockpot and pour the honey garlic sauce mixture over thighs so they are well coated.
3. Cook on low for 6 hours.
4. Boil pasta and drain it. Steam Broccoli in Microwave.
5. When ready to eat, I stir together the cooked pasta, steamed broccoli, and chicken all together or you can keep it separated.

VEGETABLE AND

CHICKEN PILAF

1/3 pack of chicken thighs
(1.5lbs)-\$4.44

Green Beans (1/2lb)- \$0.75

Carrots (1/2lb)- \$0.54

White Rice (1 cup)- \$0.46

Chicken Broth (3 cups)- \$1.02

Frozen Peas (1 cup)- \$0.49

Lemon- \$0.68

\$8.38

1. Place the chicken thighs at the bottom of the crockpot. Add the diced carrots and green beans around and on top of the chicken. Season with salt and pepper.
2. Pour 2 cups of chicken broth over the chicken and vegetables. Cover and cook on low for about 4 hours.
3. After the 4 hours, stir in the rice, 1 cup of broth, peas, and lemon zest & juice of 1 lemon. Continue cooking for 1-2 hours on low until rice is tender.
4. Finish with dried herbs if you like!

COCONUT CURRY

CHICKEN

Chicken Breasts (1.5lbs)- \$4.01

Coconut Milk (13.5 oz can)- \$1.56

Curry powder- \$2.00

Frozen Mixed Veggies (12oz)- \$0.98

Jasmine Rice (1 cup)- \$0.78

\$9.33

1. Place the chicken breasts in the crockpot.
2. Pour coconut milk over the chicken. Sprinkle with curry powder, salt, and pepper.
3. Cover and cook on low for 5 hours.
4. After 5 hours, stir in frozen veggies, and let cook another 30-45minutes. On stove top, cook 1 cup jasmine rice with 1.5 cups water.
5. Serve chicken and veggies over the cooked rice.

HAM & CHEESE POTATOES

Ham Steaks (14oz)- \$3.48

Onion - \$1.09

6 potatoes (about 2lbs)- \$1.31

Cheddar Cheese (8oz)- \$1.97

Milk (2 cups)- \$0.53

Flour (3 tbsp)- \$0.03

Salad Mix- \$1.98

\$10.39

1. Wash potatoes & thinly slice into rounds. Dice Ham into 1/2 inch chunks.
2. Arrange a layer of potatoes at the bottom of the crockpot, then add some diced onion, ham, and shredded cheddar. Repeat this layer 2-3 times.
3. In a medium bowl, whisk together the milk, flour, and seasoning like salt, pepper, garlic powder, etc. until smooth.
4. Evenly pour the milk and flour mixture over the layers in the crockpot, ensuring it seeps down into all the layers.
5. Cook on low 5-6 hours until potatoes are tender. Serve with salad.

MUSHROOM AND SWISS CHICKEN

Chicken Breasts (1.5lbs)- \$4.01

Mushrooms (8oz)- \$1.68

Cream of Mushroom- \$0.68

Garlic Powder- \$1.12

Egg Noodles (16oz)-\$1.48

Swiss Cheese (8oz)-\$1.97

Fresh Spinach (10oz)-\$1.98

\$12.24

1. Place the chicken breasts in the crockpot.
2. Top the chicken with the sliced mushrooms. Sprinkle evenly with garlic powder. Pour the cream of mushroom soup over chicken and mushrooms.
3. Cover the crockpot and cook on low for about 5.5 hours.
4. Add the chopped fresh spinach over the chicken. Then, place slices of Swiss cheese on top of the spinach. Cover the crockpot again and continue cooking on low for another 30 minutes
5. Boil egg noodles and drain.
6. Serve chicken over noodles.

SALSA CHICKEN NACHOS

Chicken Breasts (1.5lbs)- \$4.01

Salsa (16oz)- \$1.98

Black Beans (15 oz)- \$0.86

Frozen Corn (12oz)- \$0.98

Cumin- \$1.28

Tortilla Chips- \$1.98

Sour Cream- \$1.24

\$12.33

1. Place the chicken breasts in the crockpot. Season with cumin, salt, and pepper.
2. Pour the salsa over the seasoned chicken. Add drained black beans and frozen corn evenly over the top.
3. Cook on low for 6-7 hours, or until the chicken is tender.
4. Shred the chicken in the crockpot using two forks and add in sour cream until fully mixed and creamy (about 1/2 cup).
5. Serve over chips!

****This can also be served over rice, or made into tacos or burritos.****

APPLE CINNAMON PORK LOIN

Pork Loin (2lbs)- \$7.42

3 apples- \$2.07

Honey (1/4 cup)- \$0.60

Apple Juice (1 cup)- \$0.24

Cinnamon (1 tsp)- \$1.24

Instant Mashed Potatoes- \$1.32

Green Beans (14.5oz can)- \$0.64

\$13.53

1. Place the pork loin in the crockpot.
2. Top the pork with sliced apples. Drizzle the honey evenly over the apples and pork. Sprinkle the ground cinnamon across the top.
3. Pour the apple juice around the pork, to not wash away the flavor.
4. Cover and cook on low for 7-8 hours, or until the pork is tender enough to be easily sliced or shredded.
5. Serve with mashed potatoes & French Style Green Beans.

CROCKPOT LASAGNA

Ground Turkey (1lb)- \$1.98

Marinara Sauce (24oz)- \$1.34

Lasagna Noodles- \$1.84

Ricotta Cheese (15oz)- \$2.48

Mozzarella Cheese (2cups)- \$2.24

Italian Bread- \$1.00

Cesar Salad Kit- \$3.48

\$14.36

1. In a skillet over medium heat, cook the ground turkey. Drain any excess fat.
2. Mix the browned meat with marinara sauce.
3. Start with a little meat sauce at the bottom of the crockpot to prevent sticking. Place a layer of lasagna noodles over the sauce (break the noodles to fit) Spread a layer of ricotta cheese, then some mozzarella. Keep layering and end with mozzarella cheese on top.
4. Cover and cook on low for 4-5 hours, or until the noodles are tender.
5. Let the lasagna sit for about 20 minutes. Serve with bread & salad.