

Crockpot Cooking Meal Plan

Enjoy a whole week of delicious wholesome
crock pot dishes.



By The Hillbilly Housewife

www.HillbillyHousewife.com

Crockpot Cooking Made Simple:

<http://www.hillbillyhousewife.com/ebooks/crockpotcooking.htm>

Dinner Simplified – A Week of Crockpot Meals

I'm having one of those extremely busy weeks ahead of me. Meetings, doctor's appointments, soccer practices and birthday parties crowding our family calendar. I don't think there's a single afternoon this week that I won't be out and about. We're not usually this busy, but I'm sure you've had these weeks as well.

The last thing I want to have to worry about is cooking dinner when we've finally made it home each night. And you know me ... a week of fast food and/or takeout isn't an option either. But planning and fixing homecooked meals takes time.

How can we simplify things? By planning one shopping day with one goal in mind – creating enough crockpot meals for at least one whole week. Let's see how this can be accomplished.

Start by gathering together your favorite crockpot recipes, picking a variety of dishes so your family doesn't get tired of the same old food. Make a grocery list that includes everything you need for the week based on the recipes you've chosen. Check your pantry for the standard supplies, too. Now do all your shopping for the week.

When you get home, carefully wrap and freeze the meat for the meals later in the week, chop up all your veggies for each meal and seal in containers. You are well on your way to a week of cozy meals without having to venture out in the cold.

Let's look at a sample crockpot meal plan. Recipes are listed at the end.

Warmly,

Susanne – The Hillbilly Housewife

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P.S. If you are finding this helpful you're welcome to share this short report with family and friends.

P.P.S. For more crockpot recipes, take a look at "[Crockpot Cooking Made Easy](#)". It's full of crockpot cooking tips and includes **over 500 delicious recipes**. That's more than enough to plan quite a few "crockpot weeks".

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The Crockpot Meal Plan

Sunday – Begin the week with a wonderfully aromatic Rotisserie Chicken. Your crockpot will produce a nice, crispy and juicy chicken just like a deli rotisserie. Make it a Sunday dinner by including your garlic mashed potatoes and steamed broccoli.

Monday – A Crockpot French Dip Roast is an easy way to serve a hot and satisfying sandwich for dinner. It may be just a sandwich, but it sure seems more like a meal when you use a good, hearty hard roll and add mozzarella cheese on top.

Tuesday – Time to spice things up a bit with a hearty White Chicken Chili. You control the spice, so this meal will satisfy everyone's tastes. Serve with nice crusty bread and no one walks away hungry. You may have enough leftover chicken from Sunday for this dish.

Wednesday – This is your night to go meatless with a fabulously rich Minestrone Soup. You could replace the beef broth with chicken broth if you choose, but, as is, this is a frugal meal that will please even your staunchest meat eater.

Thursday – Time to surprise your family with Homemade Calico Beans for dinner. This dish is wonderfully satisfying and relatively inexpensive to make using dried cooked beans and ground beef. Save the leftovers for next week's lunches.

Friday - It's Smorgasbord time! One day of the week is always busier than the rest. You'll be glad to have a refrigerator full of leftovers for that day. You can use your creative nature to re-invent some of the [leftovers into new dishes](#) or you can simply arrange your leftovers on the counter with plates, bowls, and silverware, and have your family dig in.

Saturday - The races are on TV and we're not budging. So, when it comes time to eat, putting a platter of Pulled Pork Sandwiches on the table and having everyone help themselves, is a great way to enjoy the races and fill our tummies without missing a moment of the action.

Stocking up and preparing for a week's worth of meals ensures that you have a house full of food for your family. But, equally as important, when your family finally gets home in out of the cold, they will walk into a house fragrant with the savory aromas of a delicious dinner ready to enjoy. Give this plan a try for one week and I guarantee you won't miss those stops at the drive-thru for a moment!



Ready For More Crockpot Goodness?

Want to learn more about how to use your crockpot to feed your hungry family easily, while saving money and time?

Get all the information, recipes, and tips you need with my [Crockpot Cooking Made Simple](#) ebook.

[Click here](#) and buy it today to start saving money and time with your next meal!

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Recipes:

Crockpot Rotisserie Chicken

- 1 whole fryer
- 5-6 foil balls
- Lawry's seasoned salt

Rinse chicken and pat dry w/ paper towels. Sprinkle GENEROUSLY (chicken should be brown w/ seasoning), w/ seasoned salt. Place in crockpot on top of several foil balls or foil covered potatoes. Cover and cook on HIGH for 6 hours.

Crockpot French Dip Roast

- 3 lb Beef Bottom Round or Rump Roast
- 1 onion, sliced
- 1 packet of Au Jus Gravy Mix
- 1 cup white wine or water (or beef broth)
- 1/8 tsp garlic pepper

Place onion slices in bottom of crockpot, place roast, trimmed of excess fat, on top of onions. Mix together remaining ingredients, and pour over roast.

Cook on low 10-12 hours. Serve sliced thinly with onions on hard rolls with melted mozzarella cheese. Serve au jus on the side for dipping.

This is such a family favorite and it smells WONDERFUL cooking all day!!

Crockpot White Chicken Chili

- 1 lb chicken, cut up into small chunks
- 1 cup chopped onion
- 1 can chicken broth
- 2 cloves of garlic, chopped finely
- 2 tsp Cumin seed
- 1/2 tsp dried oregano leaves
- 3 -15oz cans white beans, drained and rinsed
- 1 or 2 chopped red, green or yellow bell peppers, or combination
- 1 small can jalapenos, chopped

Add the chicken, onions, broth and spices to your crockpot and cook on low for 4 to 5 hours. Add the drained beans and peppers and cook for another hour.

Crockpot Minestrone Soup

- 1 small onion, chopped
- 2 large carrots, peeled and thinly sliced
- 1 medium zucchini, sliced 1" thick
- 2 cloves garlic, minced
- 2 15 oz cans kidney beans, drained
- 6 cups beef broth
- 1 28 oz can diced tomatoes, undrained
- 1 t dried basil leaves
- ½ t. dried oregano leaves
- ½ t. salt
- ¼ t. pepper
- 2 cups cooked small pasta
- ¼ cup grated Parmesan cheese

Combine all ingredients except macaroni and Parmesan cheese in the stoneware. Cover cook on Low 8 to 9 hours or on High 4 to 5 hours. Stir in macaroni. Serve sprinkled with cheese. I substitute 1-1/2 t. Italian seasoning for the basil and oregano.

Crockpot Calico Beans

- 2 cups pinto beans, cooked and drained
- 1 lb. ground beef (I use 1/2 pound)
- 2 cups Northern beans, cooked and drained
- 1-1/2 cups onions, diced
- 2 cups red kidney beans, cooked and drained
- ½ cup brown sugar
- 1 qt. pork & beans or homemade baked beans
- 2 t. salt
- 1 clove minced garlic
- 2 tbsp vinegar
- ½ cup ketchup

Brown beef and onions, drain. Reserve small amount of cooking liquid. Combine garlic, ketchup, brown sugar, salt and vinegar. Pour all into slow cooker and mix. Add enough cooking liquid to barely cover beans. Cover and cook on low 8 hours.

Sweet Carolina Pulled Pork Sandwiches from the Crockpot

1 (5 lb.) pork shoulder roast or butt roast

dry rub:

2 Tbsp. brown sugar

1 Tbsp. paprika

1 Tbsp. cayenne pepper

2 tsp. salt

1 tsp. freshly ground black pepper

3 small yellow onions cut into large wedges

sauce:

1 cup apple cider vinegar

1/2 cup Worcestershire sauce

1/2 Tbsp. honey

1/2 Tbsp. Dijon mustard

1 garlic clove, crushed or grated

1 tsp. crushed red pepper flakes

Put the onions in the crockpot first. Blend dry rub ingredients with fork and gently press and rub over the pork roast. Then put the pork roast in the crockpot on top of the onions.

In a glass bowl, whisk together the sauce ingredients until smooth. Pour 1/2 the sauce mixture over the pork roast in the crockpot, coating the meat well. (Store the remaining 1/2 of the sauce mixture in the refrigerator for later.)

Cover the crockpot and set on LOW temperature. Cook, undisturbed, for 8 to 9 hours.

Remove the meat from the crockpot to a platter and shred with a fork. Pick the onion out from the crockpot and discard. Return the shredded meat to the crockpot, add the sauce mixture you refrigerated earlier to the crockpot and stir to combine well. Put cover back on crockpot and let heat through, about 20 to 30 minutes.

Keep warm and serve on hearty buns. You can make another small batch of the sauce to serve alongside the sandwiches if you wish. Just heat the sauce in a pan for about 15 minutes on low, then pour into a serving bowl with a ladle.

Recommended Resources

Crockpot Cooking Made Simple



Tired of spending all day stirring pots in the kitchen, or just don't have the time to make a big homemade meal for dinner each night? I don't either. Instead I put my crockpot to work.

Let me show you how simple and easy it is to put inexpensive and healthy meals on the table without all the work and fuss.

[Get your copy of Crockpot Cooking Made Simple here.](#)

Freezer Cooking Made Simple



If you like the convenience of those frozen TV dinners, but aren't too fond of the lack of nutrition, abundance of salt and aren't a big fan of the taste, take a look at my freezer cooking guide. I'd love to show you just how easy it is to make your own frozen meals that you can thaw and heat for quick and easy dinners on busy nights.

[Get your copy of Freezer Cooking Made Simple here.](#)