

-- Spencer's Weekly Recipes --

Crockpot Chicken



Teriyaki

Yields: One gallon-sized bag of chicken teriyaki with 3 servings. (I doubled this recipe and made two bags.)

One pound boneless skinless chicken breasts
1/2 cup honey
1/2 cup low sodium soy sauce
1/4 cup rice wine vinegar (I subbed red wine vinegar)
1 small onion, diced
1 large clove garlic, minced
1-inch ginger root, peeled and minced
1/4 teaspoon black pepper
14.4oz bag frozen stir fry veggies

MATERIALS

1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. Add chicken to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 4-8 hours, or until chicken is cooked through.

<https://newleafwellness.biz/wp-content/uploads/2014/10/Six-Healthy-Freezer-Crockpot-Meals-in-50-Minutes.pdf>



Slow Cooker Mexican Quinoa

1 1/2 lb. (4 cups) butternut squash
1 cup frozen corn
1 can (15.25 oz.) black beans
1 cup uncooked quinoa, rinsed
1 teaspoon minced garlic
1 can (14.5 oz.) fire-roasted petite diced tomatoes
1 small jalapeno, optional
2 cans (19 oz. each) mild red enchilada sauce
1 cup vegetable or chicken broth
1 packet (1.25 oz.) taco seasoning
Optional toppings: shredded cheddar cheese, fresh lime juice, sour cream, chopped cilantro



Instructions

1. Spray your slow cooker with nonstick spray. Be generous!! I use a relatively new (5 years old) 6-quart crockpot for this recipe. Older crockpots don't always cook as quickly or the same temperature throughout the whole crockpot.
2. Peel and deseed the butternut squash. Cut it into cubes and place in the slow cooker.
3. Add in the corn and remaining ingredients (except toppings).
4. Give everything a really good stir, cover and cook on high for 3-4 hours or until the quinoa is cooked and the butternut squash is tender.
5. Remove the lid and stir everything together really well. Allow the liquid to absorb while on low for another 30 min. or until mostly absorbed.
6. Season with any additional spices and/or salt and pepper if desired.
7. Top bowls with optional toppings - some shredded cheese, fresh lime juice, sour cream, and cilantro is what we love! Serves 6-8.

Notes: I've had a few comments that this was too spicy with 2 cans of enchilada sauce. My family has never found this dish overly spicy by using a store-brand mild enchilada sauce, but if you're worried about too much spice and/or aren't using a very mild brand, you may want to try using water/broth as a substitute for the second can of enchilada sauce.

<http://www.chelseamessyapron.com/slow-cooker-mexican-quinoa/>

Crockpot Carne Asada Nachos



1.5 lb. flank steak
1 tsp. salt
1 tsp. pepper
1 tsp. smoked paprika
1 tsp. onion powder
1/2 tsp. garlic powder
1/4 tsp. chili powder
1/4 tsp. ground cumin
2 tablespoons olive oil
8 oz. of your favorite beer
1 lime, juiced
1/2 cup fresh cilantro, torn
1 bag of tortilla chips
8 oz. Monterey jack cheese, freshly grated
1/2 cup sweet corn (cooked or fresh)
1/2 pint grape tomatoes, halved
1/4 cup sour cream or Greek yogurt

Directions:

1. In a small bowl, combine salt, pepper, paprika, onion powder, garlic powder, chili powder and cumin. Whisk together to create a rub, evenly pat it all over both sides of the flank steak. Heat a large skillet over high heat and add olive oil. Add the flank steak and sear it on both sides until golden brown, about 2 min. per side. Remove steak and place it in the crockpot. Cover with beer, then cover pot and cook steak on low for 6 hours.
2. After 6 hours, remove steak from liquid and place on a cutting board to rest for 15 min. Slice against the grain, cutting into thin strips - it may be tender from the crockpot and fall apart, and that is fine.
3. In a small bowl, mash the avocado with the lime juice, half of the cilantro and a pinch of salt. Set aside.
4. Layer the chips on a baking sheet or dish. Cover with half of the cheese, then add the corn and the steak. Add the rest of the cheese. Turn the broiler to high, and place the nachos underneath, cooking only until the cheese is golden and bubbly, about 2 to 3 min. Remove nachos and immediately cover with tomatoes, guac, sour cream and remaining cilantro. Serves 4 appropriately, 2 obnoxiously! Enjoy.

Slow Cooker Pot Roast

- 2-3 lb. Beef Roast
- 1 tbsp. Olive Oil
- 1 tbsp. Salt
- 2 tsp. Pepper
- 1 tsp. Thyme
- 1 tsp. Tarragon
- 2 tsp. minced Garlic
- 1 lb. Carrots
- 2 lb. Potatoes
- 1 large Onion
- 32 oz. Beef Stock
- 3 tbsp. Cornstarch

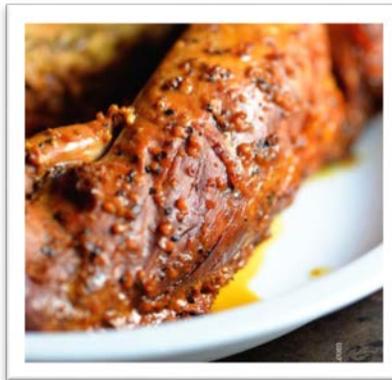


DIRECTIONS

- Peel and cut carrots into 1-3" pieces.
- Peel and cut onions into 1-3" pieces.
- Wash and cut potatoes into 1-3" pieces.
- Mix together salt, pepper, thyme and tarragon.
- Rub roast with olive oil and cover with about 2/3 of spice mix.
- Heat skillet over medium high heat and brown on all sides.
- Transfer roast to slow cooker.
- Lightly coat vegetables in olive oil and season with remaining spice mix.
- Transfer vegetables to slow cooker.
- Add some stock to skillet and stir to deglaze.
- Pour liquid into slow cooker.
- Add remaining stock to slow cooker.
- Cook on high for 5 hours or low for 10 hours until vegetables are tender and meat pulls apart easily.
- Transfer meat and vegetables to serving dish.
- Pour liquid in sauce pan and heat.
- Mix cornstarch with an equal amount of water and stir until well blended.
- Add cornstarch mix to sauce and heat, stirring frequently, until sauce thickens. Pour sauce over meat and vegetables.

<http://cincyshopper.com/slow-cooker-pot-roast/>

Honey Soy Pork Tenderloin



¼

- cup olive oil
- 1 cup chicken stock or broth
- ¼ cup soy sauce
- ½ cup honey
- 3 tbsp. Montreal Steak Seasoning
- 2 cloves minced garlic or ½ teaspoon garlic powder
- pinch ground ginger
- pinch red pepper flakes (optional for heat)
- 1 (2½ - 3 pound) pork tenderloin

Instructions

1. Spray slow cooker insert with nonstick cooking spray.
2. Mix together olive oil, chicken broth, soy sauce, honey, steak seasoning, garlic, ginger, and red pepper flakes in a small bowl or 2-cup measuring cup.
3. Add pork tenderloin to the slow cooker and pour olive oil mixture over pork tenderloin. Set slow cooker for 6 hours on low setting. Serves 6.

<http://addapinch.com/honey-soy-pork-tenderloin-recipe/>



<http://www.howsweeteats.com/2013/09/crockpot-carne-asada-nachos/>

I LOVE WHEN THE KIDS TELL ME THEY'RE BORED. AS IF THE LADY STANDING IN FRONT OF A SINK FULL OF DIRTY DISHES IS WHERE YOU GO TO GET IDEAS ABOUT HOW TO HAVE A GOOD TIME.

Boneless Country Style BBQ Ribs Slow Cooker Freezer Meals

- 2-3 lbs. boneless pork country-style ribs
- ½ large onion, thinly sliced
- 3 cloves garlic, minced
- ¼ cup brown sugar
- ½ cup apple sauce
- 1½ cups barbecue sauce



salt and pepper

Instructions

1. Directions: Lightly salt and pepper your boneless pork ribs on both sides. Add all ingredients to your slow cooker. Gently mix it all up. Cook on low for 5-6 hours. Remove meat from slow cooker. Discard juices. Top with ½ cup fresh bbq sauce. Serve.
2. To Freeze: Salt and pepper your boneless ribs. Mix together all other ingredients. Add all to a freezer safe gallon sized bag. Label and freeze. To cook thaw freezer bag, then add to slow cooker as directed. Cook on low 5-6 hours. Serves 6.

<http://happymoneysaver.com/boneless-country-style-bbq-ribs-slow-cooker-freezer-meal/>