

# Once—A—Month

## Cooking

*Eat for a Week*



Honey Rosemary Chicken  
Chicken Pot Pie  
Beef & Creamy Potato Casserole  
French Breakfast Puffs  
Shopping List

Green Chile Pork Tacos  
Cheesy Ham and Potatoes  
Swiss Steak & Veggies  
Breakfast Casserole

Erin Petersilie  
Family and Consumer Science Agent  
Walnut Creek Extension District

2016

**K-STATE**  
Research and Extension

*Knowledge  
for Life*

*Family & Consumer*  
SCIENCES

# FREEZER-READY SLOW COOKER MEALS II

## Honey Rosemary Chicken

Mix the following ingredients. Let marinate for several hours in the refrigerator before freezing. Place in gallon freezer bag and freeze.

- ✓ 5 boneless, skinless chicken breasts
- ✓ 1/3 cup balsamic vinegar
- ✓ 1/3 cup honey
- ✓ 1/3 cup olive oil
- ✓ 1 T. dried rosemary
- ✓ 1 tsp salt

To Cook – Thaw in the fridge overnight. Add 1 cup of water and the contents of the bag to the crockpot. Cook on high for 3-4 hours or low for 6-8 hours. Ten minutes before serving, add 2 Tbs. cornstarch to thicken the sauce.

To Serve – Serve over mashed potatoes.



## Green Chile Pork Tacos

Mix the following ingredients, place in gallon freezer bag and freeze. Due to the large size of the pork shoulder, you may need to cut it into 2 or 3 smaller pieces to fit better in the bag.

- ✓ 4 lb. pork shoulder
- ✓ ½ cup diced onion
- ✓ 1 10 oz. can diced tomatoes with green chilies
- ✓ 1 16 oz. jar of salsa verde
- ✓ 1/3 cup of lime juice
- ✓ ½ tsp salt
- ✓ ¼ tsp garlic powder
- ✓ ½ tsp chili powder
- ✓ ¾ tsp ground cumin

To Cook – Thaw in the fridge overnight. Place in slow cooker and cook 6-8 hours on low or 4-5 hours on high. When cooked, remove pork and shred. Add pork back into slow cooker and stir to combine.

To Serve – Serve with tortillas, lettuce, sour cream and shredded cheese.

## Chicken Pot Pie

Mix the following ingredients (minus the frozen veggies and biscuits). Place in gallon freezer bag, and freeze.

- ✓ 5 boneless skinless chicken breasts
- ✓ 1 cup sliced celery
- ✓ ½ cup diced onion
- ✓ 2 (14.5 ounce) cans of low sodium cream of chicken soup
- ✓ ¼ tsp celery seed
- ✓ ½ tsp poultry seasoning
- ✓ ¼ tsp black pepper
- ✓ 1 (12 oz.) bag frozen mixed veggies
- ✓ 1 (16.3 ounce ) can buttermilk biscuits

To Cook- Thaw in the fridge overnight. Place in slow cooker and cook 4-5 hours on low. After 5 hours on low, stir in frozen vegetables and cook for an additional 30 minutes. While vegetables are cooking, bake biscuits according to directions.

To Serve – Spoon some chicken filling on a plate or bowl and top with a biscuit that has been split in half.



## Cheesy Ham and Potatoes

Mix the following ingredients, place in gallon freezer bag and freeze.

- ✓ 1 (28 ounce) bag of frozen, diced hash browns
- ✓ 2 (14.5 ounce) cans of low fat/low sodium Cream of Mushroom soup
- ✓ 2 (14.5 ounce) cans of water
- ✓ ½ cup diced onion
- ✓ 2 (8 ounce) ham steaks, diced
- ✓ 2 cups fat free shredded cheddar cheese
- ✓ 4 cups chopped broccoli
- ✓ 2 teaspoons black pepper

To cook – Thaw in the fridge overnight. Place in slow cooker and cook 6-7 hours on low.

To Serve – Eat while warm and enjoy.

## Beef & Creamy Potato Casserole

Cook beef over medium high heat, 5-7 minutes until brown, drain. Mix ground beef, seasoning, soup, milk, pepper and ½ of the French-fried onions. Add to gallon freezer bag in the following order: 1) Beef mixture, 2) green beans, and 3) potatoes.

- ✓ 1 lb. lean 85% (or higher) ground beef
- ✓ ½ tsp garlic powder
- ✓ ½ tsp onion powder
- ✓ ¼ teaspoon pepper
- ✓ 1 can (10 ¾ oz.) low sodium, low fat cream of mushroom soup
- ✓ ½ cup 2% milk
- ✓ 1 can (2.8 ounce) French-fried onions
- ✓ 1 bag (30 ounce) frozen shredded hash brown potatoes
- ✓ 1 bag (12 oz.) frozen cut green beans

To cook – Thaw in fridge overnight. Place in slow cooker, dumping from top of bag: 1) potatoes, 2) green beans and 3) ground beef. Cook on low, 4-5 hours.

To Serve – Sprinkle remaining onions on top.



## Swiss Steak & Veggies

Mix the following ingredients (minus the potatoes), place in gallon freezer bag, and freeze.

- ✓ 1 ½ pounds beef boneless round steak, about ¾ inch thick
- ✓ ½ tsp seasoned salt
- ✓ ½ tsp black pepper
- ✓ 6-8 new potatoes cut into fourths
- ✓ 1 ½ cups baby-cut carrots
- ✓ ½ onion
- ✓ 1 can (14 ½ ounces) diced tomatoes with basil, garlic and oregano, undrained
- ✓ 1 jar (12 ounces) home-style beef gravy.

To Cook – Thaw in fridge overnight. Dice 6-8 new potatoes and place in slow cooker. Empty freezer bag into slow cooker on top of potatoes. Make sure meat is on top of all ingredients. Cover and cook on low for 7-9 hours.

To serve – Serve warm and enjoy.

## French Breakfast Puffs

Makes 12 muffins

The Pioneer Woman Cooks – Ree Drummond

### Puffs

- ✓ 3 cups all-purpose flour
- ✓ 3 teaspoons baking powder
- ✓ 1 teaspoon salt
- ✓ ½ teaspoon ground nutmeg
- ✓ 1 cup sugar
- ✓ 2/3 cup shortening
- ✓ 2 eggs
- ✓ 1 cup milk

### Coating

- ✓ 1/2 pound (2 sticks) butter
- ✓ 1 ½ cups sugar
- ✓ 3 teaspoons ground cinnamon

### Directions

1. Preheat the oven to 350°F. Lightly grease 12 muffin cups.
2. In a large bowl, stir together the flour, baking powder, salt, and nutmeg. Set aside.
3. In a separate large bowl, cream together the sugar and shortening.
4. Add the eggs and mix again.
5. Alternate adding one-third of the flour mixture and one-third of the milk to the creamed mixture, beating well after each addition.
6. Fill the muffin cups two-thirds full.
7. Bake for 20 to 25 minutes, until golden. Remove the muffins from the pan and set aside.
8. To make the coating, melt the butter in a bowl or glass pan. In a separate container, combine the sugar and cinnamon.
9. Dip the warm muffins in the butter, coating thoroughly.
10. Then roll in the cinnamon-sugar mixture. Don't be afraid to really coat 'em up.
11. Cinnamon-sweet perfection! The deliciousness of these beauties is not to be underestimated.

Helpful Hint: After cooling completely, puffs can be frozen in plastic bags and reheated later.

## **Breakfast Casserole**

### Ingredients

- ✓ ½ bag hash browns
- ✓ ½ lb. sausage (browned)
- ✓ 9 eggs
- ✓ 1 cup shredded cheese

Brown sausage and drain grease. Combine all ingredients in large bowl. Pour into 8x8 pan. Cover with foil and freeze.

To serve, thaw in refrigerator overnight and bake in 350°F oven for about 45 minutes.

Ingredient	Honey Rosemary Chicken	Green Chile Pork Tacos	Chicken Pot Pie	Cheesy Ham and Potatoes	Beef & Creamy Potato Casserole	Swiss Steak & Veggies	Breakfast Casserole	French Breakfast Puffs	Total
Bonless Breast	5		5						10
Pork Shoulder	4 lbs								4 lbs
Ham steaks			2 8 oz.						2 -8oz
Hamburger				1 lb.					1 lb.
Boneless Round Steak					1 1/2 lbs				1 1/2 lbs.
Sausage						1/2 lb			1/2 lb
Onion	1/2 of	1/2 of	1/2 of		1/2 of				2
Celery--sliced		1 c.							1 c.
Baby Carrots					1 1/2 c.				1 1/2 c.
Frozen mixed Veggies		12 oz bag							12 oz
Hashbrowns			28 oz	28 oz		14 oz			70 oz.
Frozen Cut Green Beans					12 oz.				12 oz.
Broccoli			4 c.						4 c.
Milk					1/2 c.			1	1 1/2 c.
Eggs							9	2	11
Butter							2 sticks		2 sticks
Shredded Cheddar Cheese			2 c.			1 c.			3 c.
Balsamic Vinegar	1/3 c.								1/3 c.
Honey	1/3 c.								1/3 c.
Olive Oil	1/3 c.								1/3 c.
Rosemary (Dried)	1 T.								1 T
Garlic Powder	1/4 t.			1/2 t.					3/4 t.
Chilli powder	1/2 t.								1/2 t
Ground cumin	3/4 t.								3/4 t.
Salt	1 t.	1/2 t.					1 t.		2 1/2 t.
Seasoned Salt					1/2 t.				1/2 t.
Celery seed		1/2 t.							1/2 t.
poultry seasoning		1/2 t.							1/2 t.
Black Pepper		1/4 t.	2 t.	1/4 t.	1/2 t.				3 t.
Onion Powder				1/2 t.					1/2 t.
Flour							3 c.		3 c.
Baking Powder							3 t.		3 t.
Ground Nutmeg							1/2 t.		1/2 t.
Sugar							2 1/2 c.		2 1/2 c.
Shortening							2/3 c.		2/3 c.
Cinnamon							3 t.		3 t.
Salsa verde	1 16 oz. jar								1 16 oz. jar
Lime juice	1/3 c.								1/3 c.
Cream of Chicken Soup		2 14 oz. can							2-14 oz cans
Cream of Mushroom soup			2 14 oz cans	1 can					3 cans
Diced Tomatoes w/ green chilies	1 10 oz. can								1 10 oz. can
French-fried onions					2.8 oz				2.8 oz.
Diced Tomatoes w/ basil, garlic, oregano						1 14 oz.			1-14 oz can
Home-Style Beef Gravy---Jar						12 oz			12 oz jar
Foil Pan (8x8)							1		1
Gallon Freezer Bag	1	1	1	1	1	1		2	8