



Thank you for your purchase of this Stephanie O'Dea Meal Plan. Your packet includes five complete slow cooker recipes with a coordinating grocery list. You may shuffle the recipes to eat the meals in any order, and you may find that you have leftovers that you'd like to finish before cooking again.

These recipes have all been tested to be used in the recommended slow cooker size listed and for the suggested cooking time. If you have questions about slow cooking, or in the market for a new slow cooker, please visit StephanieODea.com, and be sure to click on the store tab for available cookbooks, slow cookers, and additional meal plans.

All of the recipes have been formulated using gluten-free ingredients due to a family allergy. If you are not gluten-free, simply ignore my notes. If you have questions about specific gluten-free products, please track me down on facebook or twitter and I'll try my hardest to help!

5 Ingredients or Less

Everybody has busy weeks, and the recipes included in this packet are perfect. Save yourself time wandering through the grocery store and valuable time at home. The meals in this packet are delicious, nutritious, and are easy to prepare. And all that time you just saved yourself? It's okay if you use it to catch up on your Netflix queue. I don't judge!

There is a fish dish included in this meal plan. Please cook fish on a day that you are home to monitor the pot since it cooks so much faster than traditional slow cooker fare.

Monday: Italian-Style Calico Bean Soup

Tuesday: Simple Beef Stew

Wednesday: Smoked Sausage & Pinto Beans

Thursday: Eyes Closed Pot Roast

Friday: Lemon and Dill Salmon

5 Ingredients or Less

Produce

- Baby Carrots**
(1 cup)
- Fresh Baby Spinach Leaves**
(12 ounces)
- 2 Lemons**
- 1 Yellow Onion**
- _____
- _____
- _____
- _____

Meat/Fish/Poultry

- Beef Chuck or Pot Roast**
(3 pounds)
- Beef Stew Meat**
(2 pounds)
- Bulk Italian Sausage**
(12-16 ounces)
- Salmon**
(2 pounds)
- Smoked Turkey
or Chicken Sausage**
(12 ounces)
- _____
- _____

Spices

- | | |
|---|---|
| <input type="checkbox"/> Chicken Bouillon Cube | <input type="checkbox"/> Salt/Pepper |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Dill
(2 tsp) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Condiments

- | | |
|--|--------------------------------|
| <input type="checkbox"/> A-1 Steak Sauce
(2 tsp) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Ketchup
(1/4 cup) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Canned Goods

- Beef Broth**
(4 cups)
- 1 Can Fire Roasted Tomatoes w/ Garlic**
(14.5-ounce)
- 1 Can Garbanzo Beans**
(15-ounce)
- 1 Can Whole Corn Kernels**
(15-ounce)
- Chicken Broth**
(5 cups)
- 1 Jar Prepped Pasta Sauce**
(26-ounce)
- 1 Jar Prepped Southwest Salsa**
(16-ounce)
- _____
- _____

Dry Goods

- 1 Package Bean Soup Mix**
(16-ounce)
- Pinto Beans**
(1 pound)
- _____
- _____
- _____
- _____

Miscellaneous

- White Wine (or apple juice)**
(1/4 cup)
- _____
- _____

Monday

Italian-Style Calico Bean Soup



I love this bean mix because it has something for everyone. I especially love the great big huge butter beans that nearly triple in size while cooking. The leftovers freeze beautifully, and I enjoy having lots of little containers in the fridge ready to go for lunches during the week.

Directions

Use a 6-quart slow cooker. In a large pot on the stove top, bring the beans to a rapid boil in a bunch of fresh water. Boil the beans for 10 minutes, then cover and remove from the heat. Let the beans sit in the cooling water for 1 hour, then drain and rinse in clean water. Place the beans into an empty slow cooker insert.

{please note that because this bean mix contains red beans, the beans *must* be boiled this way to kill a naturally-occurring potential toxin found in red beans. It's best to be safe rather than sorry!}

In a large skillet, brown the bulk sausage on the stove top, and drain any accumulated fat. Scrape the pan contents into your cooker. Add the entire jar of pasta sauce, and two jars-worth of water. Drop in the bouillon cube. Stir to combine. Cover, and cook on low for 8 to 10 hours, or on high for about 5 hours. Serve with grated Parmesan cheese and a hunk of homemade cornbread.

Enjoy!

Ingredients serves 8-10

- 1 (16-ounce) package bean soup mix, flavor packet discarded
- 1 (12 to 16-ounce) package bulk Italian sausage, browned and crumbled
- 1 (26-ounce) jar prepared pasta sauce
- 2 empty pasta sauce jars worth of water
- 1 chicken bouillon cube (12 grams)

Slow Cooker Meal Plan

5 Ingredients or Less

Tuesday

Simple Beef Stew



I'm pleased at how the salsa and beef broth create a fantastic soup and stew base. It takes no time to plop everything into the pot. The leftovers freeze quite well, and you can stretch them by serving over a baked potato, or by stuffing into corn tortillas or pita bread.

Directions

Use a 6-quart slow cooker. Put the meat into the bottom of your cooker and add the rest of the ingredients --- there is no need for any other seasoning; the southwest salsa provides plenty of flavor all on its own. If you can't find this particular kind of salsa, you can certainly add frozen or canned corn or diced potatoes, or anything else you'd like.

I was trying to keep the ingredient listing to 5, and to not pull out a cutting board, but if you'd like to doctor it up with veggies you have in the house, go for it!

Cover and cook on low for 8 to 10 hours, or until the meat is so tender it falls apart when poked.

Serve with crusty bread and a green salad. I made a loaf of homemade gluten free bread in another slow cooker. I used this recipe, but added sliced garlic cloves, diced onion, and a teaspoon of kosher salt to the batter.

Ingredients *serves 6*

- 2 pounds beef stew meat
- 1 (16-ounce) jar southwest salsa (has corn, black beans, onions, tomatoes, chiles)
- 4 cups beef broth
- 1 (15-ounce) can garbanzo beans, drained and rinsed
- 1 cup baby carrots, or chopped carrot

Wednesday

Smoked Sausage and Pinto Beans



You can feed the entire soccer team with this meal! If you'd prefer your beans to be less "soupy," cut down the added broth to 4 cups.

Directions

Use a 6-quart slow cooker. Place the soaked and drained beans into your slow cooker insert. Add sliced (or diced; I usually cut each slice in half to make it stretch farther) sausage. Add the entire can of tomatoes and the whole can of corn. Stir in broth. Cover, and cook on low for 8 hours, or on high for about 6 hours. Serve when the beans reach desired tenderness. If you live in a high altitude your beans will take longer than they will if you live at sea level.

Ingredients serves 10

- 1 pound pinto beans, sorted and soaked overnight (or use quick-soak method below)
- 1 (12-ounce) package smoked turkey or chicken sausage (I used sundried tomato & provolone flavored)
- 1 (14.5-ounce) can fire roasted tomatoes with garlic
- 1 (15-ounce) can whole corn kernels
- 5 cups chicken or beef broth

QUICK SOAK FOR BEANS:

Put your dry beans into a large pot of water, and pick out any beans that float to the top or are oddly shapen or shriveled. Cover, and bring to a boil. Boil at a rapid pace for 10 minutes, then remove from heat. Keep the lid on, and let the beans soak in the hot water for 1 hour before rinsing and using with your favorite recipe.

Thursday

Eyes Closed Pot Roast



I've called this Pot Roast "Eyes Closed" because it's so simple a grownup could throw it together while still half-asleep, or a child could easily load the crockpot with minimal instruction. If you're not comfortable with sharp knives, onion flakes could be used instead, or you could pre-slice the onion yourself.

Directions

Use a 4 or 6 quart slow cooker. Place the onion rings into the bottom of your cooker and separate the rings with your fingers. Place the meat on top of the rings. In a small bowl, whisk together the ketchup and A-1 sauce. Pour this mixture over the top.

If desired, you can rub this mixture into the meat with your fingers, or you can simply use kitchen tongs to flip the meat over a few times to get the meat nice and saucy (that's my choice, although my 11-year-old really enjoyed rubbing the sauce around and ended up with sauce up to her elbows...)

Cover, and cook on low for 8 to 10 hours, or on high for about 6 hours. The meat should cut easily with a fork when it's time to serve. The longer you cook it, the more relaxed it will become. Serve with roasted sweet or brown potatoes and something green.

Ingredients *serves 4-6*

- 1 large onion, peeled and sliced into rings
- 2 to 3 pounds beef chuck or pot roast
- 1/4 cup prepared ketchup
- 2 tablespoons prepared A-1 steak sauce

Friday

Lemon and Dill Salmon



The key to cooking fish in the crock is the key to cooking fish out of the crock: don't overcook it, or you'll end up with a chewy, dried out mess, along with a stinky kitchen.

Directions

Wash your spinach and shove it into the crock. It will look like a lot, but it really shrinks down and you'll end up wishing you put in two bags after it shrivels up.

Place your fish onto the bed of spinach, and sprinkle it on each side with the spices and herbs.

Slice the lemons and layer them on top of the fish and on all sides of it. Add the wine.

Cook on HIGH for 2 hours, or until fish flakes easily with a fork.

Ingredients

- 1/2 pound to 2 pounds of salmon
- 2 lemons
- 12 ounce of fresh spinach
- 1/2 teaspoon black pepper
- 3/4 teaspoon kosher salt
- 2 teaspoon dill
- 1/4 cup white wine (water, vegetable broth, or apple juice would all work instead.)