

Crockpot

Pulled Pork (Sweet & Smoky)

Servings: 6–8 | **Prep:** 5 min | **Cook:** 8–10 hr on LOW (5–6 hr on HIGH)

Ingredients

Group	Item	Amount
Protein	Pork shoulder/butt	3–4 lb
Dry Rub	Brown sugar	2 Tbsp
	Paprika	1 Tbsp
	Garlic powder	1 tsp
	Onion powder	1 tsp
	Salt	1 tsp
	Black pepper	½ tsp
	<i>Optional</i> – Cayenne	¼ tsp
Liquid	Root beer (or cola)	1 can (12 oz)
Finish	Your favorite BBQ sauce	1 cup

Method

1. **Season** – Pat the pork dry and coat on all sides with the mixed dry-rub.
2. **Load** – Place in the crock pot; pour root beer around (not over) the meat.
3. **Cook** – LOW 8-10 hr / HIGH 5-6 hr, until it shreds easily with a fork.
4. **Shred** – Transfer to a tray, discard excess fat, and shred with two forks.
5. **Sauce** – Drain most liquid in the pot (leave ½ cup), return pork, stir in BBQ sauce, warm 5 min.

Grocery List

- **Meat:** 3–4 lb pork shoulder/butt
 - **Canned/Bottled:** 1 can root beer (or cola), 1 cup BBQ sauce
 - **Spices:** Brown sugar, paprika, garlic powder, onion powder, salt, pepper, *(optional)* cayenne
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Hearty Crock-Pot Chili

Servings: 4–6 | **Prep:** 10 min | **Cook:** 6–8 hr on LOW (4 hr on HIGH)

Ingredients

Group	Item	Amount
Protein	Ground beef (or turkey)	2 lb
Veg & Beans	Onion, diced	1 large
	Garlic, minced	2–3 cloves
	Kidney beans, drained	1 can (15 oz)
	Black beans, drained	1 can (15 oz)
	Diced tomatoes	2 cans (14.5 oz)
	Tomato paste	1 can (6 oz)
Seasoning	Chili powder	2 Tbsp
	Cumin	1 Tbsp
	Salt & pepper	to taste
	<i>Optional</i> – Corn, jalapeño, bell pepper add 1 cup	

Method

1. *(Optional)* **Brown** meat in a skillet for better texture; drain fat.
2. **Combine** all ingredients in the crock pot.
3. **Cook** – LOW 6-8 hr / HIGH 4 hr.
4. **Taste & Serve** – Adjust salt/heat; ladle into bowls.

Grocery List

- **Meat:** 2 lb ground beef or turkey
 - **Canned/Jarred:** 2 cans diced tomatoes, 1 can tomato paste, 1 can kidney beans, 1 can black beans
 - **Produce:** 1 large onion, garlic (1 bulb)
 - **Spices:** Chili powder, cumin, salt, pepper
 - **Optional add-ins:** 1 can corn, 1 jalapeño, 1 bell pepper
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Classic Beef Stew

Servings: 4–6 | **Prep:** 10 min | **Cook:** 8 hr on LOW (4-5 hr on HIGH)

Ingredients

Group	Item	Amount
Protein	Stew beef (cubed chuck)	2 lb
Veggies	Potatoes, chopped	3–4 medium
	Carrots, sliced	3–4
	Celery, sliced	2–3 stalks
	Onion, chopped	1 large
	Garlic, minced	2 cloves
Liquid	Beef broth	3–4 cups
Flavor	Tomato paste	2 Tbsp
	Thyme	1 tsp
	Bay leaf	1
	Salt & pepper	to taste

Method

1. **Layer** beef on the bottom, then vegetables, garlic, and seasonings.
2. **Add** tomato paste and pour broth to just cover contents; tuck in bay leaf.
3. **Cook** – LOW 8 hr/HIGH 4-5 hr, until beef is fork-tender and potatoes soft.
4. **Finish** – Remove bay leaf, taste, and season.

Grocery List

- **Meat:** 2 lb stew beef
- **Produce:** 3-4 potatoes, 3-4 carrots, 2-3 celery stalks, 1 large onion, garlic
- **Broth & Cans:** 1 carton beef broth (32 oz), 1 small can tomato paste
- **Spices/Herbs:** Thyme, bay leaf, salt, pepper

Crock Pot Beef Stroganoff

Servings: 4–6 | **Prep:** 10 min | **Cook:** 8 hr on LOW (4 hr on HIGH)

Ingredients

Group	Item	Amount
Protein	Stew beef	2 lb
Vegetables	Mushrooms, sliced	2 cups
	Onion, diced	1 medium
Liquid	Beef broth	2 cups
	Worcestershire sauce	2 Tbsp
Finish	Sour cream	$\frac{3}{4}$ cup
	Cornstarch + water	2 Tbsp each (optional for thickening)

Method

1. Add beef, onion, mushrooms, broth, and Worcestershire to the crock pot.
2. Cook on LOW for 8 hr or HIGH for 4 hr.
3. Stir in sour cream at the end.
4. Optional: thicken with cornstarch slurry before serving.

Grocery List

- 2 lb stew beef
- Mushrooms
- 1 onion
- Beef broth
- Worcestershire sauce
- Sour cream
- Optional: Cornstarch



Crock Pot Sausage & Peppers

Servings: 4–6 | **Prep:** 10 min | **Cook:** 6 hr on LOW (3 hr on HIGH)

Ingredients

Group	Item	Amount
Protein	Italian sausage links	1.5 lb
Vegetables	Bell peppers, sliced	3 (assorted colors)
	Onion, sliced	1 large
Sauce	Marinara sauce	2 cups

Method

1. Layer sausage, peppers, and onions in crock pot.
2. Pour marinara sauce over everything.
3. Cook on LOW for 6 hr or HIGH for 3 hr.
4. Serve with hoagie rolls or over pasta.

Grocery List

- 1.5 lb Italian sausage
- 3 bell peppers
- 1 onion
- 1 jar marinara sauce

Crock Pot Honey Garlic Chicken

Servings: 4–6 | **Prep:** 5 min | **Cook:** 4–5 hr on LOW (2–3 hr on HIGH)

Ingredients

Group	Item	Amount
Protein	Boneless chicken thighs or breasts	2 lb
Sauce	Honey	½ cup
	Soy sauce	½ cup
	Garlic, minced	3 cloves
	Ketchup	¼ cup
Optional	Cornstarch + water (for thickening)	1 Tbsp each

Method

1. Place chicken in crock pot.
2. In a bowl, mix honey, soy sauce, garlic, and ketchup.
3. Pour over chicken.
4. Cook on LOW for 4–5 hr or HIGH for 2–3 hr.
5. Optional: thicken sauce with cornstarch slurry at end.

Grocery List

- 2 lb boneless chicken
- Honey
- Soy sauce
- Garlic
- Ketchup
- Optional: Cornstarch

Crock Pot Mississippi Pot Roast

Servings: 6–8 | **Prep:** 5 min | **Cook:** 8 hr on LOW (5 hr on HIGH)

Ingredients

Group	Item	Amount
Protein	Beef chuck roast	3–4 lb
Seasonings	Ranch seasoning mix	1 packet
	Au jus gravy mix	1 packet
	Pepperoncini peppers	6–8 whole
	Butter	4 Tbsp (½ stick)

Method

1. Place the chuck roast in the crock pot.
2. Sprinkle ranch and au jus mix over the top.
3. Add pepperoncini peppers and place the butter on top.
4. Cover and cook on LOW for 8 hr or HIGH for 5 hr.
5. Shred and serve over mashed potatoes, rice, or rolls.

Grocery List

- 3–4 lb chuck roast
- 1 ranch seasoning packet
- 1 au jus gravy mix packet
- 1 jar pepperoncini peppers
- 1 stick butter