

[PALEO & AIP DUMP-AND-GO FREEZER SESSION]

SESSION 10 - SLOW COOKER

MARSALA PORK CHOPS
BEEF BURGUNDY
CURRIED SWEET POTATO SOUP
MAPLE PULLED PORK
TUSCAN CHICKEN STEW
MAPLE GINGER CHICKEN
POT ROAST



WHAT'S IN THIS GUIDE?

WHAT IS THIS PLAN?

This plan is for prepping 7 Paleo & AIP-friendly meals at one time (typically in less than an hour) that you can store in your freezer and take out when needed.

You simply add the ingredients to a freezer bag or container without having to cook anything and then place the bags in your freezer for up to 3 months. When you need the meals, you thaw the bags and then cook.

HOW MANY PEOPLE DOES THIS SERVE?

Each meal serves 4-6 people - however, if you don't want to freeze meals for that many (like if you are making this just for yourself), you can always split these up into multiple meals and then have 14 or even 21 meals from one freezer cooking session!

Just increase the number of bags you'll use and divide the ingredients between each bag accordingly.

HOW DO YOU COOK THESE MEALS?

All the recipes are intended for a slow cooker.

That's it - simply dump stuff into a bag, freeze, thaw, and then cook!

Note: To thaw it's best to remove from the freezer and thaw in the fridge overnight or a few days ahead of time (up to 4 days ahead). You can quick-thaw these if you need them immediately by placing in a bowl of hot water.



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RECIPES IN THIS GUIDE

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2. Beef Burgundy
3. Curried Sweet Potato Soup
4. Maple Pulled Pork
5. Tuscan Chicken Stew
6. Maple Ginger Chicken
7. Pot Roast

SHOPPING LIST (BY RECIPE)

(1) MARSALA PORK CHOPS

- 4 thick cut boneless Pork Chops
- 1 Yellow Onion, sliced
- 2 cloves Garlic, minced
- 1 tsp Thyme (dried or fresh)
- 8 oz Baby Bella or Crimini Mushrooms, sliced
- 1/2 cup Marsala Cooking Wine (can substitute Sherry Cooking Wine or even a dry Red or White Wine)
- 1 cup Coconut or Tigernut Milk (or Beef or Chicken Broth if you don't or can't have these)
- 1/2 tsp Sea Salt

(2) BEEF BURGUNDY

- 3 lbs boneless Beef Chuck Roast, cut into 1-inch pieces (or 3 lbs pre-diced Beef Stew Meat)
- 2 Yellow Onions, sliced
- 4 cloves Garlic, minced
- 8 oz Baby Bella or Crimini Mushrooms
- 3 cups Beef broth
- 1/2 cup dry Red Wine (or more beef broth)
- 2 tbsp Red Wine Vinegar
- 1 tsp Blackstrap Molasses
- 1/2 tsp Fish Sauce
- 1 tsp Sea Salt
- Pinch dried Ginger
- Pinch Cinnamon

SHOPPING LIST (BY RECIPE) CONT.

(3) CURRIED SWEET POTATO SOUP

- 2 lb Sweet Potatoes, peeled and cut into 1-inch cubes
- 1 Yellow Onion, diced
- 3 cloves Garlic, minced
- 3 cups Coconut Milk (or 2 x 13.5 oz cans)
- 1 cup Chicken or Beef Broth
- 1/2 tsp Sea Salt
- 1 tsp dried Ginger
- 1/2 tsp Turmeric
- 1/4 tsp Cinnamon
- pinch Cloves

(4) MAPLE PULLED PORK

- 2-4 lb Pork Shoulder or Butt
- 1 Yellow Onion, sliced
- 1/3 cup Apple Cider Vinegar (or Red Wine Vinegar)
- 1/3 cup Maple Syrup
- 1 tsp Sea Salt
- 1 tsp dried Ginger

(5) TUSCAN CHICKEN STEW

- 2 lb boneless, skinless Chicken Thighs
- 2 medium Carrots, peeled and sliced into coins
- 2 stalks Celery, sliced
- 1 Yellow Onion, diced
- 2 cloves Garlic, minced
- 1 large Sweet Potato, peeled and cut into 1-inch cubes

SHOPPING LIST (BY RECIPE) CONT.

(5) TUSCAN CHICKEN STEW (CONT.)

- 3 cups Chicken Broth
- 1 tbsp Balsamic Vinegar
- 1 tsp Rosemary, minced (fresh or dried)
- 1 tsp Tarragon, minced (fresh or dried)
- 1/2 tsp Sea Salt

(6) MAPLE GINGER CHICKEN THIGHS

- 2 lbs bone-in, skin-on Chicken Thighs or Legs
- 1/2 cup Chicken Broth
- 1/4 cup Coconut Aminos
- 1 tbsp fresh Ginger, grated, or 1.5 tsp dried Ginger

Not needed until day of serving:

- 1/3 cup Maple Syrup

(7) POT ROAST

- 3 lb boneless Beef Chuck Roast
- 3 cloves Garlic, minced
- 1 Yellow Onion, sliced
- 3 medium Carrots, peeled and cut into large chunks (you can also use 3 cups of baby carrots)
- 1/4 cup Red Wine Vinegar (or Red Wine or Balsamic Vinegar)
- 2 cups Beef Broth
- 2 Bay Leaves
- 2 tsp Sea Salt
- 1 tbsp Rosemary, minced (dried or fresh)

SHOPPING LIST FOR ALL 7 MEALS:

The number in parenthesis "(")" represents the recipe number that it's for.

Meats and Seafoods:

- 4 thick cut boneless Pork Chops (1)
- 3 lbs boneless Beef Chuck (or stew meat) (2)
- 3 lbs boneless Beef Chuck roast (7)
- 2-4 lbs Pork Shoulder or Butt (4)
- 2 lb boneless, skinless Chicken Thighs (5)
- 2 lb bone-in, skin-on Chicken Thighs (6)

Fresh Produce:

- 7 Yellow Onions (1, 2, 3, 4, 5, 7)
- 14 cloves Garlic (1, 2, 3, 5, 7)
- 16 oz sliced Baby Bella or Crimini Mushrooms (1, 2)
- 2 lb Sweet Potatoes (3)
- 1 large Sweet Potato (5)
- 2 medium Carrots (5)
- 3 medium Carrots OR 3 cups baby carrots (7)
- 2 stalks Celery (5)
- 1-inch piece fresh Ginger (or 1.5 tsp dried) (6)

Oils and Vinegars:

- 1/2 cup Red Wine Vinegar (2, 7)
- 1/3 cup Apple Cider Vinegar (or more red wine vinegar) (4)
- 1 tbsp Balsamic Vinegar (5)

Herbs and Spices:

- Sea Salt
- 1 tsp Thyme (dried or fresh) (1)
- 2.25 tsp dried Ginger (2, 3, 4)
- 1/2 tsp Cinnamon (2, 3)
- 1/2 tsp Turmeric (3)
- pinch ground Cloves (3)
- 2 Curry Leaves (optional, 3)
- 1 tbsp + 1 tsp Rosemary (fresh or dried) (5, 7)
- 1 tsp Tarragon (fresh or dried) (5)
- 2 Bay Leaves (7)

Baking:

- 1 tsp Blackstrap Molasses (2)

Canned and Jarred Goods:

- 1/2 cup Marsala Cooking Wine (or Sherry Wine or dry Red or White Wine) (1)
- 1/2 cup dry Red Wine (2)
- 4 cups Coconut or Tigernut Milk (1, 3)
- 5 cups Beef Broth (2, 7)
- 1 cup Chicken or Beef Broth (3)
- 3.5 cups Chicken Broth (5, 6)
- 1/2 tsp Fish Sauce (2)
- 1/3 cup Maple Syrup (4)
- 1/3 cup Maple Syrup (6) ***
- 1/4 cup Coconut Aminos (6)

Materials:

- 7 Gallon-sized Freezer Bags

***Not needed until time of cooking, so don't buy unless cooking this week

ORDER OF OPERATIONS

1: SET THE STAGE: GATHER PANTRY INGREDIENTS AND FRESH PRODUCE

First, gather all of your pantry ingredients and set them in a place that will be easily accessible to you during your session. Then gather the fresh and frozen produce you'll need.

2: PREP THE PRODUCE

Wash and slice 16 ounces Baby Bella or Crimini Mushrooms.

Wash and cube 2 pounds Sweet Potatoes.

Wash, peel and slice 2 medium Carrots.

Wash, peel and cut into large chunks 3 medium carrots, or wash 3 cups baby carrots.

Wash and slice 2 stalks Celery.

Mince 1 teaspoon Rosemary (fresh or dried)

Mince 1 teaspoon Tarragon (fresh or dried).

Grate 1 tablespoon fresh Ginger (if using).

Peel all 14 cloves of garlic. Mince all of the garlic with a knife, Microplane, or garlic press.

Slice 5 yellow onion.

Dice 1 yellow onion.

Do a quick clean up of your work area (if desired), so your work area isn't covered in veggie scraps. Set aside the prepped veggies for now.

3. GATHER YOUR PROTEINS AND CONTAINERS

Gather your proteins and set aside.

Also, gather your freezer bags and handy bag stand (if using) or any freezer-safe containers you'll be using.

ORDER OF OPERATIONS

4. START ASSEMBLING AND LABELING

Follow the recipes on the following pages to assemble each of your bags.

Each recipe will give the specific ingredients and instructions as well as any substitution ideas.

The printable labels can be found starting on page 18 of this guide.

Simply just go one by one through the recipes and add the ingredients indicated!

NOTE: If you have frozen proteins, keep them frozen. No need to thaw them before this process!

THE RECIPES

(1) MARSALA PORK CHOPS



YIELDS

PREP TIME

COOK TIME

4 servings

10 minutes

6-8 hours

INGREDIENTS

- 4 thick cut boneless Pork Chops
- 1 Yellow Onion, sliced
- 2 cloves Garlic, minced
- 1 tsp Thyme (dried or fresh)
- 8 oz Baby Bella or Crimini Mushrooms, sliced
- 1/2 cup Marsala Cooking Wine (can substitute Sherry Cooking Wine or even a dry Red or White Wine)
- 1 cup Coconut or Tigernut Milk (or Beef or Chicken Broth if you don't or can't have these)
- 1/2 tsp Sea Salt

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a gallon-sized freezer bag and massage a bit to mix.

Label the bag and lay flat to freeze.

TO COOK:

Thaw the ingredients overnight in the fridge.

Dump the ingredients into a slow cooker and cook for 6-8 hours on low.

(2) BEEF BURGUNDY



YIELDS

4-6 servings



PREP TIME

10 minutes



COOK TIME

6-8 hours

INGREDIENTS

- 3 lbs boneless Beef Chuck Roast, cut into 1-inch pieces (or 3 lbs pre-diced Beef Stew Meat)
- 2 Yellow Onions, sliced
- 4 cloves Garlic, minced
- 8 oz Baby Bella or Crimini Mushrooms
- 3 cups Beef broth
- 1/2 cup dry Red Wine (or more beef broth)
- 2 tbsp Red Wine Vinegar
- 1 tsp Blackstrap Molasses
- 1/2 tsp Fish Sauce
- 1 tsp Sea Salt
- Pinch dried Ginger
- Pinch Cinnamon

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a gallon-sized freezer bag and massage a bit to mix.

Label the bag and lay flat to freeze.

TO COOK:

Thaw the ingredients overnight in the fridge. Pour ingredients into the slow cooker and cook on low for 6-8 hours.

OPTIONAL STEP: If you'd like to make the juices into a gravy, remove the beef from the slow cooker, then strain the juices into a small saucepan. Place the pan on the stove over medium-high heat. Sprinkle 1 tbsp of arrowroot or tapioca starch over the liquid, then whisk in and continue to whisk until the mixture has thickened, typically 30 seconds-1 minute.

T *Additional Tips:*

I love this served over mashed cauliflower with a side of roasted brussels sprouts.

(3) CURRIED SWEET POTATO SOUP



YIELDS

PREP TIME

COOK TIME

4-6 servings

10 minutes

6-8 hours

INGREDIENTS

- 2 lb Sweet Potatoes, peeled and cut into 1-inch cubes
- 1 Yellow Onion, diced
- 3 cloves Garlic, minced
- 3 cups Coconut Milk (or 2 x 13.5 oz cans)
- 1 cup Chicken or Beef Broth
- 1/2 tsp Sea Salt
- 1 tsp dried Ginger
- 1/2 tsp Turmeric
- 1/4 tsp Cinnamon
- pinch Cloves
- Optional: 2 Curry leaves

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a gallon-sized freezer bag and massage a bit to mix.

Label the bag and lay flat to freeze.

TO COOK:

Optional: Thaw the ingredients overnight in the fridge - this one does NOT have to be thawed prior to cooking.

Pour the ingredients into the slow cooker and cook for 6-8 hours on low. Puree using a stick immersion blender or transfer to a blender in batches to puree. You can also try mashing it if you have neither of these.

Note - it's fine to keep the curry leaves in before blending. No need to fish all around for them like bay leaves :-)

(4) MAPLE PULLED PORK



YIELDS

PREP TIME

COOK TIME

6-8 servings

10 minutes

8-12 hours

INGREDIENTS

- 2-4 lb Pork Shoulder or Butt
- 1 Yellow Onion, sliced
- 1/3 cup Apple Cider Vinegar (or Red Wine Vinegar)
- 1/3 cup Maple Syrup
- 1 tsp Sea Salt
- 1 tsp dried Ginger

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a gallon-sized freezer bag and massage a bit to mix.

Label the bag and lay flat to freeze.

TO COOK:

Thaw the ingredients overnight in the fridge.

Pour the ingredients into the slow cooker and cook on low for 8-12 hours (this doesn't tend to overcook so the longer the better). Remove the pork from the slow cooker, shred, and then place back in with the liquid and onions, toss, and serve!

T *Additional Tips:*

You can freeze the leftovers for this very easily! Simply freeze in a freezer safe container or bag. I like to portion it out in 3-5 oz serving sizes so I can easily just add to some veggies, soup, or a salad later.

T *Additional Tips:*

This one is delicious with diced roasted sweet potatoes or butternut squash or over a salad with fresh sliced figs, sliced red onions, avocado, even some crumbled bacon. Yum!

(5) TUSCAN CHICKEN STEW



YIELDS

PREP TIME

COOK TIME

4-6 servings

10 minutes

4-6 hours

INGREDIENTS

- 2 lb boneless, skinless Chicken Thighs
- 2 medium Carrots, peeled and sliced into coins
- 2 stalks Celery, sliced
- 1 Yellow Onion, diced
- 2 cloves Garlic, minced
- 1 large Sweet Potato, peeled and cut into 1-inch cubes
- 3 cups Chicken Broth
- 1 tbsp Balsamic Vinegar
- 1 tsp Rosemary, minced (fresh or dried)
- 1 tsp Tarragon, minced (fresh or dried)
- 1/2 tsp Sea Salt

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a gallon-sized freezer bag and massage a bit to mix (You may have to divide between two bags - that's fine).

Label the bag and lay flat to freeze.

TO COOK:

Thaw the ingredients overnight in the fridge.

Pour the ingredients into the slow cooker and cook on low for 4-6 hours. Remove the chicken and shred, then place back into the stew.

Optional step: If you'd like the stew to be a bit thicker, during the last 30 minutes of cooking, mix 1 tbsp Arrowroot Powder (or Tapioca Starch) with 1 cup of the cooking liquid until dissolved, then add back into the slow cooker and mix.

T *Additional Tips:*

This is delicious with Domestic Man's AIP Flatbread! ([Get the recipe here](#)).

(6) MAPLE GINGER CHICKEN THIGHS



YIELDS
4-6 servings



PREP TIME
10 minutes



COOK TIME
4-6 hours

INGREDIENTS

- 2 lbs bone-in, skin-on Chicken Thighs or Legs
- 1/2 cup Chicken Broth
- 1/4 cup Coconut Aminos
- 1 tbsp fresh Ginger, grated, or 1.5 tsp dried Ginger

Not needed until day of serving:

- 1/3 cup Maple Syrup

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a gallon-sized freezer bag except for the maple syrup and massage a bit to mix.

Label the bag and lay flat to freeze.

TO COOK:

Thaw the ingredients overnight in the fridge.

Pour the ingredients of the bag into the slow cooker and cook on low for 4-6 hours)

Preheat the broiler on high, then take the chicken out of the slow cooker and place on a baking sheet. Brush with the maple syrup and broil for 5 minutes until the skin is crispy and the glaze is sticky.

T *Additional Tips:*

This is definitely one of the sweeter recipes I've made, but it's great balanced out with some salty or bitter sides, like roasted brussels sprouts, roasted or steamed broccoli, pan sauted broccolini, or roasted cabbage. Topping with something like sliced green onions can also cut some of the sweetness as well.

T *Additional Tips:*

You don't HAVE to do the broiler step, but it gives it that wow factor to do so. If you don't have access to a broiler, simply pour the maple syrup over the chicken and serve.

(7) POT ROAST



YIELDS

4-6 servings



PREP TIME

10 minutes



COOK TIME

hours

INGREDIENTS

- 3 lb boneless Beef Chuck Roast
- 3 cloves Garlic, minced
- 1 Yellow Onion, sliced
- 3 medium Carrots, peeled and cut into large chunks (you can also use 3 cups of baby carrots)
- 1/4 cup Red Wine Vinegar (or Red Wine or Balsamic Vinegar)
- 2 cups Beef Broth
- 2 Bay Leaves
- 2 tsp Sea Salt
- 1 tbsp Rosemary, minced (dried or fresh)

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a gallon-sized freezer bag and massage a bit to mix.

Label the bag and lay flat to freeze.

TO COOK:

Thaw the ingredients overnight in the fridge.

Pour ingredients into the slow cooker and cook on low for 6-8 hours. Remove the bay leaves and then break the beef up into chunks with 2 forks.

T *Additional Tips:*

This is great served over mashed sweet potato or mashed squash (butternut, acorn, or pumpkin work well).

THE LABELS

The following are printable labels to add to your meals.

Print these out on regular paper and use clear packing tape to stick to bag. You can alternatively print these out on sticker paper and adhere as well (though this doesn't always seem to stick as well once frozen)



AIP Marsala Pork Chops

USE BY:

AIP Dump Freezer Session # 10

To serve, Thaw the ingredients overnight in the fridge

Dump the ingredients into a slow cooker and cook for 6-8 hours on low.



AIP Beef Burgundy

USE BY:

AIP Dump Freezer Session # 10

Thaw the ingredients overnight in the fridge. Pour ingredients into the slow cooker and cook on low for 6-8 hours.

OPTIONAL STEP: If you'd like to make the juices into a gravy, remove the beef from the slow cooker, then strain the juices into a small saucepan. Place the pan on the stove over medium-high heat. Sprinkle 1 tbsp of arrowroot or tapioca starch over the liquid, then whisk in and continue to whisk until the mixture has thickened, typically 30 seconds-1 minute.



AIP Curried Sweet Potato Soup

USE BY:

AIP Dump Freezer Session # 10

Optional: Thaw the ingredients overnight in the fridge - this one does NOT have to be thawed prior to cooking.

Pour the ingredients into the slow cooker and cook for 6-8 hours on low. Puree using a stick immersion blender or transfer to a blender in batches to puree. You can also try mashing it if you have neither of these.

Note - it's fine to keep the curry leaves in before blending. No need to fish all around for them like bay leaves :-)



AIP Maple Pulled Pork

USE BY:

AIP Dump Freezer Session # 10

Thaw the ingredients overnight in the fridge.

Pour the ingredients into the slow cooker and cook on low for 8-12 hours (this doesn't tend to overcook so the longer the better). Remove the pork from the slow cooker, shred, and then place back in with the liquid and onions, toss, and serve!



AIP Tuscan Chicken Stew

USE BY:

AIP Dump Freezer Session # 10

Thaw the ingredients overnight in the fridge.

Pour the ingredients into the slow cooker and cook on low for 4-6 hours. Remove the chicken and shred, then place back into the stew.

Optional step: If you'd like the stew to be a bit thicker, during the last 30 minutes of cooking, mix 1 tbsp Arrowroot Powder (or Tapioca Starch) with 1 cup of the cooking liquid until dissolved, then add back into the slow cooker and mix.



AIP Maple Ginger Chicken Thighs

USE BY:

AIP Dump Freezer Session # 10

Thaw the ingredients overnight in the fridge.

Pour the ingredients of the bag into the slow cooker and cook on low for 4-6 hours)

Preheat the broiler on high, then take the chicken out of the slow cooker and place on a baking sheet. Brush with the maple syrup and broil for 5 minutes until the skin is crispy and the glaze is sticky.



AIP Pot Roast

USE BY:

AIP Dump Freezer Session # 10

Thaw the ingredients overnight in the fridge.

Pour ingredients into the slow cooker and cook on low for 6-8 hours. Remove the bay leaves and then break the beef up into chunks with 2 forks.



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