



Dinner Crockpot Meals for the Week of 01/28/17 thru 02/03/17

- Saturday: [Slow Cooker General Tso Chicken](#) & [Crockpot Rice](#): 8 servings (freeze after cooking)
- Sunday: [Crock Pot Beef and Noodles](#) & a side salad: 8 servings (freezer before or after; see chicken pot pie)
- Monday: [Crockpot Kielbasa and Sauerkraut](#): 6 servings (freeze only sausage and onions if using fresh 'kraut. If using canned, freeze before if you like)
- Tuesday: [Crockpot Chili](#) & [Crockpot Cornbread](#): 10 servings (freezer before or after cooking)
- Wednesday: [Crock Pot Beef and Broccoli](#) & Crockpot Rice 6 servings (freeze before or after cooking)
- Thursday: [Slow Cooker Angel Chicken Pasta](#) & a side salad: 6 servings (freezing not recommended)
- Friday: [Crockpot Chicken Mushroom](#) over Crock Pot Rice & [Crockpot Green Beans](#): 6 servings (freeze after cooking or use canned mushrooms)
- Breakfast: [Ham & Cheese Breakfast Casserole](#): 10 servings (freeze before cooking with beaten eggs only or after cooked then cooled completely)