

# Grocery List:

## Meat

2 lbs	boneless chicken thighs
4.5-5 lbs	boneless chicken breast
2 lbs	ground chicken
1 1/2 lbs	ground beef
1 16oz pkg	frozen meatballs

## Vegetables

4	green onions
2.5	onion
1	green pepper
2	red pepper

## Canned:

1 15 oz can	tomato sauce
1 28 oz can	diced tomatoes
1 15 oz can	red kidney beans
2 15 oz can	black beans
1 8oz can	water chestnuts
2 1/2 cups	brown or white rice
2 20 oz can	crushed pineapple
1 cup	pineapple tidbits
1 cup	medium salsa
1 10oz can	green enchilada sauce
1 can	corn
1 can	rotel

## Sauces/Seasonings:

2 Tbsp	olive oil
1 cup	honey
1 18 oz bottle	bbq sauce
1 12 oz bottle	sweet & sour sauce
1 Tbsp	rice vinegar
2 Tsp	sesame oil
1/2 cup	beef broth
0.5 cup	hoisin suace
0.6 cup	soy sauce
3 Tbsp	water
1 packet	taco seasoning
1 Tsp	salt
1 Tsp	pepper
0.5 Tsp	sugar
1 Tbsp	chili powder
8 cloves	garlic
1.5 Tsp	minced onion
0.25 Tsp	crushed red pepper
3 Tbsp	cornstarch
0.5 Tbsp	sesame seeds

## When ready to serve:

1 cup	shredded cheddar cheese
5 or 6	flour tortillas
	romain lettuce

Slow Cooker Chili

Slow Cooker Hawaiian Chicken

Slow Cooker Honey Sesame Chicken

Slow Cooker Pineapple Chicken Burritos

Slow Cooker Asian Chicken Lettuce Wraps

Slow Cooker Sweet & Sour Meatballs

Slow Cooker Tex-Mex Chicken