

8 Budget Slow Cooker Meals

Feed a Family of 4 for Under \$8 | HomemadeRecipes.com

KEY TECHNIQUE: Use 1/3 less liquid than stovetop recipes call for.

Always add acid (lime, vinegar) at the finish.

1 Salsa Verde Chicken

\$1.45/serving ~\$5.80 total 6-7 hrs low

INGREDIENTS:

Chicken thighs, jarred salsa verde, cumin, garlic powder, lime

SERVE: Tacos or rice bowls

2 Honey Garlic Chicken Thighs

\$1.35/serving ~\$5.40 total 6-7 hrs low

INGREDIENTS:

Chicken thighs, soy sauce, honey, garlic powder, apple cider vinegar

SERVE: Over rice or noodles

3 Slow Cooker Carnitas

\$1.55/serving ~\$6.20 total 8 hrs low

INGREDIENTS:

Pork shoulder, orange juice, lime juice, cumin, garlic powder

SERVE: Tacos with salsa + lime

4 Beef and Broccoli

\$1.75/serving ~\$7.00 total 6-7 hrs low

INGREDIENTS:

Beef chuck, soy sauce, brown sugar, garlic powder, frozen broccoli

SERVE: Over rice

5 BBQ Chicken Thighs

\$1.25/serving ~\$5.00 total 6 hrs low

INGREDIENTS:

Chicken thighs, ketchup, apple cider vinegar, brown sugar, smoked paprika

SERVE: Whole or broil 4 min to crisp skin

6 Black Bean and Corn Chicken

\$1.30/serving ~\$5.20 total 6-7 hrs low

INGREDIENTS:

Chicken thighs, black beans, frozen corn, jarred salsa, cumin

SERVE: Burrito bowls over rice

7 Beef Chuck Pot Roast

\$1.85/serving ~\$7.40 total 8-9 hrs low

INGREDIENTS:

Beef chuck, carrots, potatoes, beef broth, Worcestershire sauce

SERVE: Sliced with vegetables

8 Chickpea and Spinach Curry

\$1.10/serving ~\$4.40 total 6-7 hrs low

INGREDIENTS:

Chickpeas, diced tomatoes, frozen spinach, curry powder, coconut milk

SERVE: Over rice or with flatbread

5-CONDIMENT SHELF (buy once, restock every few months):

Soy sauce | Tomato paste | Smoked paprika | Apple cider vinegar | Worcestershire sauce

FREEZER KIT METHOD:

Pre-bag raw ingredients in gallon freezer bags. Freeze up to 3 months. Thaw overnight. Dump in insert. Done.