

SingleDad's Slow Cooker Starter Pack

Your Secret Weapon for Sanity, Dinner, and Everything In Between

5 No-Fail Slow Cooker Meal Ideas:

1. Beef Stew – Beef, carrots, potatoes, onions, broth, seasonings.
2. Pulled BBQ Chicken – Chicken, BBQ sauce, onions, apple cider vinegar.
3. Chili – Ground beef, beans, tomatoes, onions, peppers, chili seasoning.
4. Teriyaki Chicken Bowls – Chicken, teriyaki sauce, frozen stir-fry veggies.
5. Pot Roast – Chuck roast, potatoes, carrots, onion, broth, herbs.

Emergency Grocery List:

- Beef stew meat or chuck roast
- Chicken breasts or thighs
- Carrots
- Potatoes
- Onions
- Garlic
- Canned beans
- Diced tomatoes
- BBQ sauce
- Beef broth
- Rice
- Slow cooker liners

Foolproof Slow Cooker Timing Chart:

Dish	Low Setting	High Setting
Beef Stew	8–10 hrs	4–6 hrs
Pulled Chicken	6–8 hrs	3–4 hrs
Chili	6–8 hrs	3–4 hrs
Teriyaki Chicken	6 hrs	3 hrs
Pot Roast	8–10 hrs	4–6 hrs

Final Word from SingleDad:

Life's already complicated. Dinner doesn't have to be.

Use your slow cooker like the weapon it is — and come home to hot meals and zero stress.