

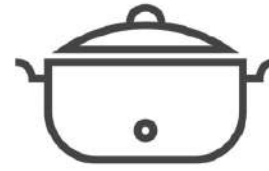
BEEF, LIME, AND CILANTRO CHILI

Lean Ground Beef
Tomato Sauce
Diced Tomatoes
Black Beans
Yellow Onion
Lime
Seasonings: Garlic, Chili
Powder, Ground Cumin,
Cilantro

To Cook:

Cook on “low” setting for 8 hours. Break apart beef and stir.

Use by:



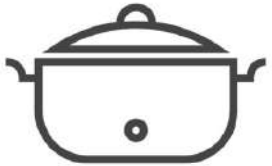
HONEY SRIRACHA SHREDDED CHICKEN

Chicken Breasts
Garlic Cloves
Sriracha
Honey
Soy Sauce

To Cook:

Cook on “low” setting for 6 hours. Shred chicken and mix with sauce in crockpot.

Use by:



GINGER CHICKEN WITH SNOW PEAS

Chicken Breasts
Soy Sauce
Rice Wine Vinegar
Sesame Oil
Ginger Root
Garlic Cloves
Carrots
Water Chestnuts
Snow Peas

To Cook:

Cook on “low” setting for 6-8 hours.

Use by:



SWEET AND SOUR BBQ MEATBALLS

Meatballs
Yellow Onion,
Green Pepper
Red Pepper
Pineapple
BBQ Sauce

To Cook:

Cook on “low” setting for 6-8 hours or until peppers are tender.

Use by:



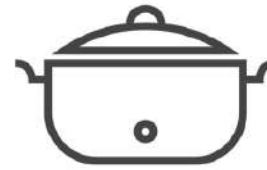
ASIAN CHICKEN LETTUCE WRAPS

Ground Chicken
Red Bell Pepper
Carrots
Garlic
Soy Sauce
Ketchup
Honey
Crushed Red Pepper Flakes

To Cook:

Cook on “low” setting for 4-6 hours or until chicken is tender. Break apart chicken and stir.

Use by:



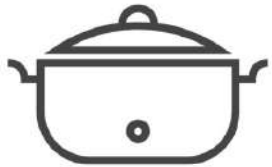
HONEY GARLIC CHICKEN

Chicken Breasts
Sugar Snap Peas
Carrots
Garlic
Soy Sauce
Honey
Sesame Oil
Ketchup
Seasonings: Onion Powder,
Salt, Pepper, Red Pepper

To Cook:

Cook on “low” setting for 6 hours. Shred chicken and mix with sauce in crockpot.

Use by:



SAUSAGE-STUFFED BANANA PEPPERS

Crushed Tomatoes
Banana Peppers
Sweet Italian Sausage
Garlic
Yellow Onion
Seasonings: Basil, Oregano,
Panko Breadcrumbs

To Cook:

Cook for 6-8 hours on “low” setting. Place provolone cheese on top of peppers and cook additional 10 minutes or until melted.

Use by:



SALSA VERDE SHREDDED PORK

Meatballs
Yellow Onion,
Green Pepper
Red Pepper
Pineapple
BBQ Sauce

To Cook:

Cook on “low” setting for 6-8 hours or until peppers are tender.

Use by:



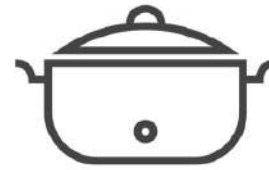
APRICOT-GINGER CHICKEN

Chicken Breasts
Apricot Jam
Soy Sauce
Ginger Root
Garlic
Frozen Green Beans

To Cook:

Cook on “low” setting for 6 hours.

Use by:



HEALTHY WHITE CHICKEN CHILI

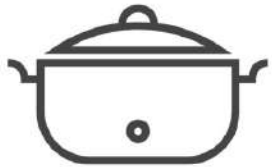
Chicken Thighs
Cauliflower
Cannellini Beans
Diced Green Chiles
Corn
Jalapeño
Celery
Yellow Onion
Garlic

Seasonings: Cumin,
Coriander, Salt, Cornmeal

To Cook:

Cook on “low” setting for 6 hours. Shred chicken and stir.

Use by:



COOL RANCH SHREDDED CHICKEN

Chicken Breasts
Olive Oil
Red Wine Vinegar

Seasoning: Taco Seasoning
Packet, Dry Ranch
Seasoning Packet

To Cook:

Cook on “low” setting for 6-8 hours. Shred chicken and mix with sauces and spices left in crockpot.

Use by:



CHICKEN TERIYAKI

Chicken Breasts
Garlic
Soy Sauce
Honey
Stir Fry Vegetables

Seasonings: Ginger, Salt,
Pepper, Crushed Red Pepper

To Cook:

Cook for 6 hours on “low” setting. Shred chicken and stir with sauce in crockpot.

Use by: