



STUFFED BANANA PEPPERS

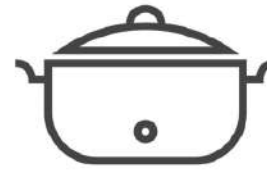
Crushed Tomatoes
Mild Banana Peppers
Ground Sweet Italian
Sausage
Garlic
Yellow Onion
Provolone Cheese

Seasonings: Dried Basil, Dried
Oregano

To Cook:

Add contents of freezer bag to crockpot and cook for 6-8 hours on “low”. Place provolone cheese on top and cook 10 minutes or until melted.

Use by:



THAI PINEAPPLE CURRY

Chickpeas
Pineapple
Sweet Potatoes
Green Bell Pepper
Yellow Onion
Garlic, minced
Coconut Milk
Seasonings: Curry Powder,
Salt, Crushed Red Pepper
Flakes

To Cook:

Add contents of freezer bag to slow cooker and cook on “low” setting for 4-6 hours or until peppers and onions are tender.

Use by:



MEXICAN CHICKEN CHILI WITH CORNBREAD TOPPING

Chicken Breasts
Yellow Onion
Green Pepper
Frozen Corn
Tomato Sauce
Honey
Cheddar Cheese
Jiffy Corn Muffin Mix
Seasonings: Taco Seasoning

To Cook:

Cook on “low” for 4-6 hours. Shred chicken with fork. Cover shredded chicken chili with cheese and assembled corn muffin batter. Add lid and cook on “high” setting for additional 60 minutes or until cornbread topping is cooked through.

Use by:



STUFFED PEPPERS

Ground Beef
Yellow Onion
Garlic clove
Green Bell Peppers
Pasta Sauce

To Cook:

Place peppers in crockpot and top with sauce. Cook on “low” setting for 6-8 hours.

Use by:



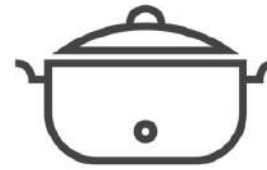
CHERRY CHICKEN MOLE TACOS

Chicken Breasts
Frozen Cherries
Chipotle Pepper in Adobo
Sauce
Yellow Onion
Garlic
Tomato Sauce
Peanut Butter
Seasonings: Cocoa Powder,
Cumin

To Cook:

Cook on “low” setting for 6-8 hours. Shred chicken and stir in crockpot to absorb sauce.minutes.

Use by:



SLOPPY JOES

Ground Beef
Yellow Onion
Green Pepper
Tomato Paste
Ketchup

To Cook:

Cook on “low” setting for 6-8 hours. Crumble beef (I like to “mash” it with a potato masher!).

Seasonings: Chili Powder,
Garlic Powder, Black Pepper,
Red Pepper Flakes, Celery
Seed

Use by:



VEGETARIAN GARDEN VEGETABLE SOUP WITH PESTO

Diced Tomatoes
Zucchini
Green Beans
Baby Spinach
Yellow Onion
Red Bell Pepper
Pearled Barley
Vegetable Broth

Seasonings: Pesto, Garlic,
Brown Sugar, Italian
Seasonings, Bay Leaf

To Cook:

Add contents of freezer bag to crockpot with broth. Cook on “low” setting for 8 hours or until vegetables are soft. Remove bay leaf.

Use by:



RED PEPPER CHICKEN

Chicken Breasts
Red Bell Peppers
Extra Virgin Olive Oil
Garlic
Yellow Onion

To Cook:

Add contents of freezer bag to slow cooker and cook on “low” setting for 4-6 hours. Slice or shred chicken and return to mix with juice in crockpot.

Seasonings: Crushed Red
Pepper Flakes, Pepper, Salt

Use by:



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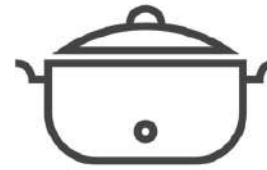
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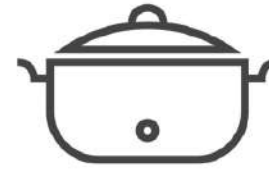
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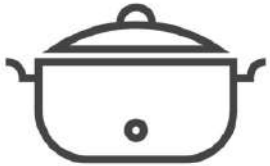
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THAI PINEAPPLE CURRY

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