



ITALIAN PORK ROAST

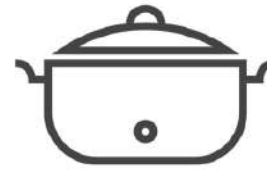
Boneless Pork Roast
Tomatoes
Olive Oil
Garlic

To Cook:

Cook on “low” setting for 6-8 hours. Shred or slice pork.

Seasonings: Parsley, Basil,
Oregano, Black Pepper, Salt

Use by:



SKINNY SHREDDED BUFFALO CHICKEN

Chicken Breasts
Hot Sauce
Unsalted Butter
White Vinegar

To Cook:

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

Seasonings: Paprika, Pepper

Use by:



SAUSAGE-STUFFED MINI SWEET PEPPERS

Mini Sweet Peppers
Ground Italian Sausage
Spaghetti Sauce

To Cook:

Cook on “low” setting for 6-8 hours. Add mozzarella cheese and cook for additional 10 minutes or until melted.

Shredded Mozzarella Cheese
(not needed until day of cooking)

Use by:



CHICKEN FAJITAS

Chicken Breasts
Bell Peppers
Yellow Onion,
Olive Oil
Lime
Seasonings: Chili Powder,
Paprika, Onion Powder,
Garlic Powder, Cumin
Red Pepper Flakes, Salt

To Cook:

Cook on “low” setting for 4-8 hours. Shred chicken and mix with sauce in slow cooker.

Use by:



CHICKEN SALAD SANDWICHES

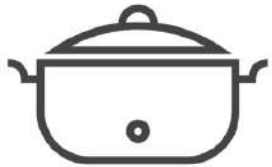
Chicken Breasts,
Yellow Onion
Celery

Mayonnaise, Salt, Pepper (not
needed until day of cooking)

To Cook:

Cook on “low” setting for 4-6
hours. Shred chicken with a
fork and cool to room
temperature. Add chicken to a
bowl and mix with
mayonnaise, salt, and pepper.

Use by:



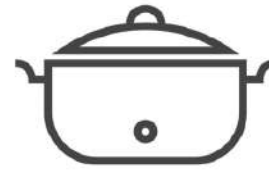
HONEY SRIRACHA CHICKEN LETTUCE WRAPS

Chicken Breasts
Garlic
Sriracha
Honey
Soy Sauce

To Cook:

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

Use by:



MEATBALL VEGGIE SOUP

Meatballs
Pasta Sauce
Carrots
Green Beans
Zucchini
Yellow Onion

To Cook:

Cook on “low” setting for 8
hours.

Chicken Broth (not needed
until day of cooking)

Use by:



BANANA PEPPER SHREDDED BEEF SANDWICHES

Beef Chuck Shoulder Roast
Banana Peppers
Yellow Onion
Beef Broth

To Cook:

Cook on “low” setting for 6-8
hours. Remove beef from slow
cooker and shred with a fork.

Use by:



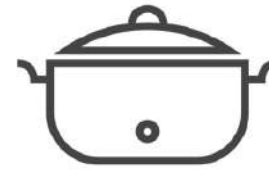
TUSCAN CHICKEN

Chicken Breasts
Tomatoes
Tomato Paste
Baby Spinach
Yellow Onion, diced (one cup)
Seasonings: Italian
Seasonings, Basil, Garlic
Powder, Salt, Pepper
Crushed Red Pepper Flakes

To Cook:

Cook on “low” setting for 6-8 hours. Shred chicken or serve whole.

Use by:



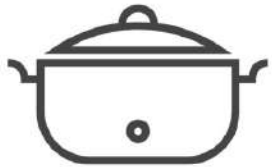
BEEF ENCHILADA STACK

Ground Beef
Black Beans
Tomatoes
Green Chilies
Seasonings: Garlic Powder,
Onion Powder, Chili Powder,
Ground Cumin, Salt, Pepper
Mild Cheddar Cheese

To Cook:

Cover and cook on “low” setting for 6-8 hours or until beef is cooked through. Slice like a pie and serve. (Mine cooked down like a casserole, so we used a spoon to serve.)

Use by:



SHREDDED BBQ CHICKEN

Chicken Breasts
Ketchup
Worcestershire
Light Brown Sugar

To Cook:

Cook on “low” setting for 6-8 hours. Shred chicken and stir.

Seasonings: Chili Powder,
Curry Powder, Hot Sauce

Use by:



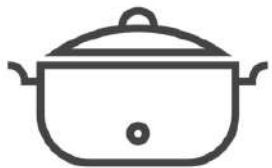
CHICKEN CACCIATORE

Chicken Breasts
Spaghetti Sauce
Zucchini
Green Bell Pepper
Yellow Onion
Italian Seasoning

To Cook:

Cook on “low” setting for 6-8 hours or until chicken is cooked through and tender. Shred chicken and stir.

Use by:



Use by:

Use by:



Use by:

Use by: