



EGGPLANT ROLLATINI

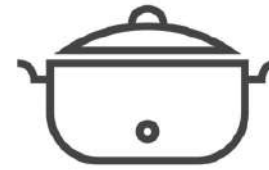
eggplant
spinach
part-skim ricotta cheese
garlic
diced tomatoes
mozzarella cheese

Seasonings: black pepper,
salt, Italian seasoning

To Cook:

Layer rollatini in the crockpot and cover with diced tomatoes. Cook on low setting for 4-6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

Use by:



CARIBBEAN JERK CHICKEN TACOS

chicken breasts
green onions
garlic
lime
diced green chilis
ketchup
soy sauce
brown sugar
Seasonings: allspice, thyme
ground ginger

To Cook:

Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot. Shred chicken with fork or back of spoon.

Use by:



BEEF LIME CILANTRO CHILI

ground beef
tomato sauce
petite diced tomatoes
black beans
yellow onion
lime
garlic
Seasonings: chili powder,
ground cumin, fresh cilantro

To Cook:

Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot. Break apart beef and stir.

Use by:



GARDEN VEGETABLE SOUP WITH PESTO (PANERA COPYCAT)

diced tomatoes
zucchini
green beans
baby spinach
yellow onion
red bell pepper
pearled barley
vegetable broth
pesto
brown sugar

Seasonings: Italian seasonings, bay leaf, garlic

To Cook:

Add contents to crockpot and add broth. Cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot. Remove bay leaf.

Use by:



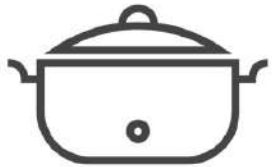
SALSA VERDE CHICKEN

chicken breasts
black beans
frozen corn
salsa verde
cream cheese

To Cook:

Add contents of freezer bag to crockpot and cook for 6-8 hours on "low" setting or until chicken is cooked through. Shred chicken. Add cream cheese (just throw it on top)

Use by:



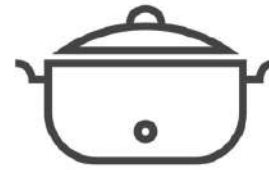
GREENS & BEANS

cannellini beans
extra-virgin olive oil
garlic
salt
black pepper
sugar
escarole
kale
chicken or vegetable broth

To Cook:

Cook on "low" setting for 8 hours or until beans are tender.

Use by:



CHERRY POT ROAST WITH SWEET POTATOES

beef chuck roast
sweet potatoes
sweet yellow onion
frozen pitted dark sweet cherries
olive oil
garlic

To Cook:

Cook on low setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

Seasonings: thyme, pepper

Use by:



SHREDDED CHICKEN QUESADILLAS

chicken breasts
yellow onion
jalapeños
extra virgin olive oil
lime juice
taco seasoning mix

To Cook:

Cook on low for 6-8 hours. Shred chicken. Place shredded chicken on tortillas with shredded cheese and fold in half so each quesadilla is the shape of a half circle. Broil in the oven for 60-90 seconds or until golden brown.

Use by:



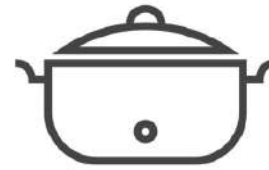
CHINESE GREEN PEPPER STEAK

beef top sirloin steak
green bell peppers
yellow onions
garlic
soy sauce
honey
ground ginger
black pepper

To Cook:

Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Use by:



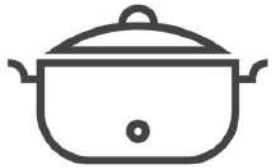
SPAGHETTI SQUASH WITH MARINARA SAUCE

tomato sauce
olive oil
garlic
Italian seasonings
salt
pepper
spaghetti squash
Optional: Add one pound homemade or frozen meatballs to sauce

To Cook:

Poke squash 10-15 times with a fork and place in crockpot. Cover with sauce. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot. Remove squash from crock, cut in half, remove seeds, and shred flesh with fork.

Use by:



APRICOT-GINGER CHICKEN WITH GREEN BEANS

chicken breasts
apricot jam
low sodium soy sauce
fresh ginger root
garlic,
frozen green beans

To Cook:

Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Use by:



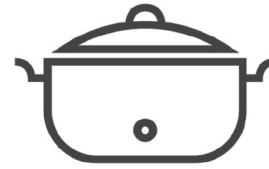
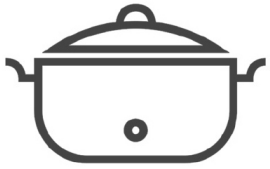
STEAK FAJITAS

boneless beef chuck shoulder roast
rainbow pack of bell peppers
yellow onions
garlic
honey
lime
Seasonings: chili powder, cumin, paprika, crushed red pepper flakes

To Cook:

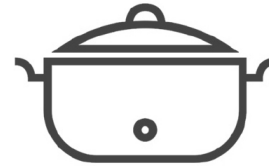
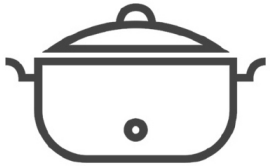
Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot. Shred beef.

Use by:



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