



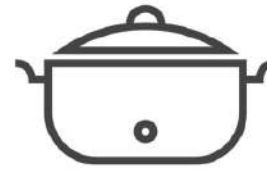
ITALIAN CHICKEN WITH BABY SPINACH

Boneless Skinless Chicken Breasts
Yellow Onion
Fresh Baby Spinach
Canned Tomato Sauce
Light Brown Sugar or Honey
Extra Virgin Olive Oil

To Cook: Combine all ingredients in crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Seasonings: Italian Seasonings,
Garlic Powder, Salt, Black Pepper,
Crushed Red Pepper Flakes

Use by:



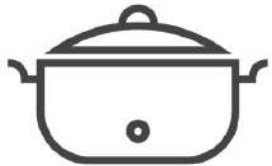
TURKEY AND BLACK BEAN CHILI

Ground Turkey
Canned Tomato Sauce
Canned Black Beans
Canned Diced Tomatoes
Frozen Corn
Garlic

To Cook: Combine all ingredients in crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot. Break apart ground turkey and stir.

Seasonings: Paprika, Chili Powder,
Ground Cumin, Ground Oregano,
Crushed Red Pepper Flakes

Use by:



MISSISSIPPI ROAST WITH CARROTS AND SWEET POTATOES

Boneless Beef Chuck Shoulder
Roast
Carrots
Sweet Potatoes
Unsalted Butter
Pepperoncini Peppers

To Cook: Combine all ingredients in crockpot and cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot. Shred meat and return to mix with juice in crockpot.

Seasoning: Au Jus Seasoning,
Dry Ranch Seasoning

Use by:



KOREAN BBQ CHICKEN

Boneless Skinless Chicken Thighs
Yellow Onion
Garlic
Low Sodium Soy Sauce
Lemon
Fresh Ginger
Light Brown Sugar
Sesame Oil

To Cook: Combine all ingredients in crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Seasonings: Crushed Red Pepper
Flakes

Use by:



BEEF AND CABBAGE SOUP

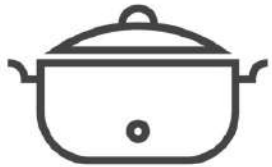
85% Lean Ground Beef
Cabbage
Yellow Onion
Garlic
Carrots
Canned Diced Tomatoes
Bay Leaves

Seasonings: Black Pepper, Salt

TO ADD: Beef Broth

To Cook: Combine all ingredients in crockpot and cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot. Break apart ground beef and stir. Taste-test soup and add additional 1/2 – 1 teaspoon salt, if needed (this will depend on the broth that you use).

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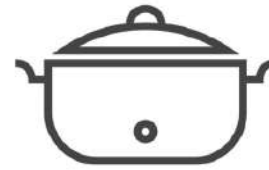
CHICKEN CAULIFLOWER CURRY

Boneless Skinless Chicken
Breasts
Canned Tomato Paste
Unsweetened Coconut Milk
Yellow Onion
Cauliflower Florets
Canned Tomato Sauce
Garlic
Honey

Seasonings: Curry Powder, Salt,
Crushed Red Pepper

To Cook: Combine all ingredients in crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Use by:



ITALIAN PORK ROAST

Boneless Pork Roast
Canned Diced Tomatoes
Grated Parmesan Cheese
Olive Oil
Garlic

Seasonings: Parsley, Basil,
Oregano, Black Pepper

To Cook: Combine all ingredients in crockpot and cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot. Shred meat.

Use by:



ZUPPA TOSCANA WITH SWEET POTATOES

Ground Spicy Sausage
Sweet Potatoes Potatoes
Bunch Kale

Seasonings: Fennel Seeds,
Paprika, Black Pepper, Onion
Powder, Garlic Powder

TO ADD: Chicken Broth, Heavy
Cream

To Cook: Combine all ingredients in crockpot except heavy cream. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot. Break apart ground sausage. Add heavy cream and stir.

Use by:



MEATBALL VEGETABLE SOUP

Small Meatballs
Jar of Pasta Sauce
Carrots
Green Beans
Zucchini
Yellow Onion

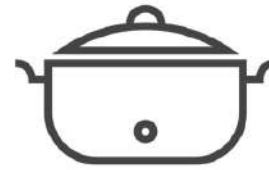
To Cook: Combine all ingredients in crockpot and cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

TO ADD: Low Sodium Chicken Broth

Use by:



Use by:



PORK ROAST WITH CINNAMON APPLESauce

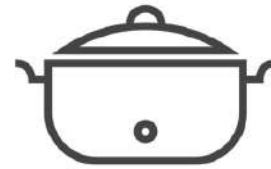
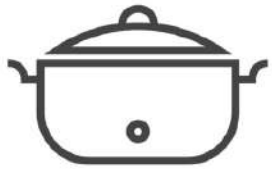
McIntosh Apples
Lemon Juice
Pure Maple Syrup
Cinnamon
Boneless Pork Roast

To Cook: Combine all ingredients in crockpot and cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot. Shred pork. Mash applesauce to desired consistency.

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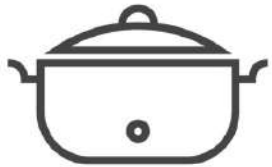


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