



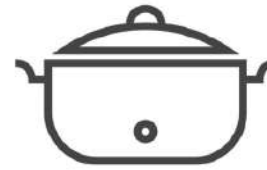
CHICKEN FAJITAS

Boneless Skinless Chicken Breasts
Red Bell Peppers
Green Bell Pepper
Small Yellow Onion
Garlic Cloves
Honey
Lime

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

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

Use by:

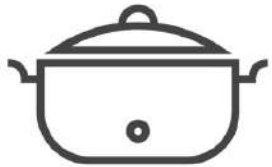


KALE AND CHORIZO SOUP

Chorizo
Kale
Garlic Cloves
Canned Diced Tomatoes
Low-Sodium Vegetable 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 chorizo and serve.

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:



ORANGE-GINGER CHICKEN

Boneless Skinless Chicken Breasts
Orange
Fresh Ginger Root
Honey
Coconut Oil
Crushed Red Pepper Flakes

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:



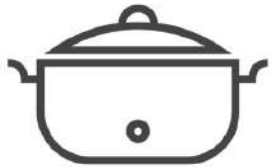
TACO SOUP

Lean Ground Beef
Yellow Onion
Garlic Cloves
Frozen Corn
Canned Diced Green Chilis
Canned Diced Tomatoes
Taco Seasoning

ADDED: 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.

Use by:



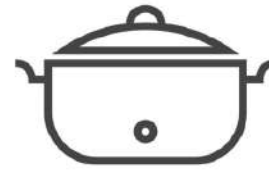
SHREDDED CHICKEN QUESADILLAS

Boneless Skinless Chicken Breasts
Onion
Jalapeños
Extra-Virgin Olive Oil
Lime Juice
Taco Seasoning Mix

ADDED: Flour Tortilla, Shredded Cheddar Cheese

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. Shred chicken. Place shredded chicken in tortillas with shredded cheese and broil in the oven for 60-90 seconds or until golden brown. Cut into triangles and serve.

Use by:



ITALIAN PORK ROAST

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

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. 3. Shred meat.

Use by:



ZUPPA TOSCANA WITH SWEET POTATOES

Ground Spicy Sausage
Sweet Potatoes
Kale

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

ADDED: Chicken Broth, Heavy Cream

To Cook: Combine all ingredients in crockpot except heavy cream. (Don't forget to add broth!) 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:

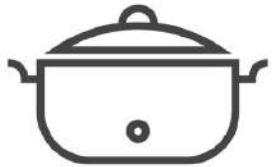


BEEF ROAST WITH CARROTS

Boneless Beef Chuck Shoulder Roast
Carrots
Extra Virgin Olive Oil
Red Wine Vinegar
McCormick Mesquite OR
Chipotle Seasonings Packet

To Cook: Combine all ingredients in crockpot. Cook on “low” setting for 8 hours until beef shreds easily with a fork.

Use by:



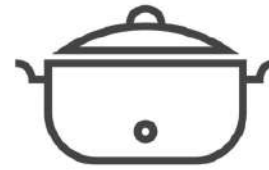
BEEF AND CABBAGE SOUP

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

Seasonings: Black Pepper, Salt

ADDED: Beef Broth

Use by:



RED PEPPER CHICKEN

Boneless Skinless Chicken Breasts
Red Bell Pepper
Extra Virgin Olive Oil
Garlic Cloves
Onion

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

Seasonings: Crushed Red Pepper Flakes, Black Pepper, Salt

Use by:



CHINESE PEPPER STEAK WITH GREEN PEPPERS AND ONIONS

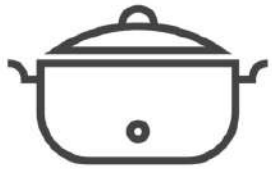
Beef Top Sirloin Steak
Green Bell Peppers
Yellow Onions
Garlic Cloves
Soy Sauce
Honey

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

Note: If you prefer your veggies al dente, you can wait and add the green peppers during the last 30 minutes of cooking.

Seasonings: Ground Ginger, Black Pepper

Use by:



CHICKEN, SPINACH, AND SWEET POTATO HASH

Boneless Skinless Chicken
Breasts
Baby Spinach
Sweet Potatoes
Garlic Cloves
Olive Oil
Apple Cider Vinegar

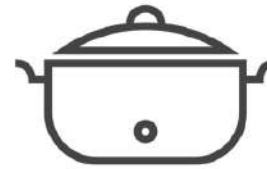
Seasonings: Rosemary, Salt,
Pepper

To Cook: Combine all ingredients in
a large sauté pan or pot and cook
for 15 minutes, stirring
occasionally, or until chicken is
cooked through and potatoes are
tender.

Use by:



Use by:



Use by:



Use by: