

Slow Cooker Italian Chicken & Potatoes

Thaw and cook in the Dutch oven. Serve with side salad.

Date: _____



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Paleo Minestrone Soup

Thaw before adding to Dutch oven or saucepan. Bring to bubbling and reheat for 15 to 20 minutes. Serve with salad.

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Slow Cooker Rosemary Artichoke Chicken

Thaw and slow cook on low for 6 hours. Serve with pasta and veggies.

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Beef Stew Foil Packs

Thaw beef and veggies completely. Bake at 400 F for 50 to 60 minutes, or until beef is cooked through and potatoes are softened. Serve with dinner rolls.

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Chickpea Beef Chili

Thaw and reheat in saucepan over low heat. Serve with sour cream and shredded cheese garnish, and veggies.

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