

## Slow Cooker Cowboy Chili

Thaw and add contents of baggie to slow cooker. Set on low for 8 hours. Serve with veggies and dinner rolls.

Date: \_\_\_\_\_



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## Korean Beef with Rice

Thaw and reheat the ground beef and sauce in skillet for 10 minutes. Mix in the cornstarch with equal part water and swirl in to thicken sauce. Garnish with sliced green onions. Serve over rice with salad.

Date: \_\_\_\_\_



## Korean Beef with Rice

Thaw and reheat the ground beef and sauce in skillet for 10 minutes. Mix in the cornstarch with equal part water and swirl in to thicken sauce. Garnish with sliced green onions. Serve over rice with salad.

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## Korean Sloppy Joe

Thaw and reheat sloppy joe sauce in skillet. Garnish each sandwich with sesame seeds. Serve on sandwich buns with fruit.

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Thaw and reheat sloppy joe sauce in skillet. Garnish each sandwich with sesame seeds. Serve on sandwich buns with fruit.

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## Lasagna Soup

Thaw and add contents of baggie to large saucepan or Dutch oven. Bring to bubbling and then add the broken lasagna noodles and cook for 8-10 minutes, or until lasagna is soft. Garnish with shredded Parmesan cheese. Serve with salad.

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## Lasagna Soup

Thaw and add contents of baggie to large saucepan or Dutch oven. Bring to bubbling and then add the broken lasagna noodles and cook for 8-10 minutes, or until lasagna is soft. Garnish with shredded Parmesan cheese. Serve with salad.

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## Slow Cooker BBQ Meatballs

Thaw and add beef broth to base of slow cooker. Add meatballs and sauce, then cook on low for 4 hours. Serve over rice with veggies.

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Thaw and add beef broth to base of slow cooker. Add meatballs and sauce, then cook on low for 4 hours. Serve over rice with veggies.

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