

Slow Cooker Creamy Taco Soup

Thaw and add contents of baggie with 2 cups of beef broth and taco seasoning packets to slow cooker. Set on low and cook for 8 hours. Swirl in sour cream at end of cooking cycle. Serve crushed tortilla chip and shredded cheese garnish, with veggies.

Date: _____



Slow Cooker Creamy Taco Soup

Thaw and add contents of baggie with 2 cups of beef broth and taco seasoning packets to slow cooker. Set on low and cook for 8 hours. Swirl in sour cream at end of cooking cycle. Serve crushed tortilla chip and shredded cheese garnish, with veggies.

Date: _____



Buffalo Blue Cheese Burgers

Thaw and grill or saute for 5 to 6 minutes per side, or until cooked through. Serve on buns with blue cheese crumbles, blue cheese dressing, lettuce, tomato, and side of chips and fruit.

Date: _____



Buffalo Blue Cheese Burgers

Thaw and grill or saute for 5 to 6 minutes per side, or until cooked through. Serve on buns with blue cheese crumbles, blue cheese dressing, lettuce, tomato, and side of chips and fruit.

Date: _____



Creamy Herbed Chicken {Keto}

Thaw and bake at 400 F for 30 to 35 minutes, or until chicken is cooked through. Serve with rice and salad.

Date: _____



Creamy Herbed Chicken {Keto}

Thaw and bake at 400 F for 30 to 35 minutes, or until chicken is cooked through. Serve with rice and salad.

Date: _____



Slow Cooker Barbacoa Beef

Thaw and slow cook on low for 8 hours. Once cooked, shred the beef with 2 forks. Serve with rice and veggies.

Date: _____



Slow Cooker Barbacoa Beef

Thaw and slow cook on low for 8 hours. Once cooked, shred the beef with 2 forks. Serve with rice and veggies.

Date: _____



Pork Chop and Feta Skillet

Thaw completely. Saute veggies in the skillet. Remove the veggies, saute pork chops and then add the veggies back to skillet. Cook until cooked through. Serve with salad and dinner rolls.

Date: _____



Pork Chop and Feta Skillet

Thaw completely. Saute veggies in the skillet. Remove the veggies, saute pork chops and then add the veggies back to skillet. Cook until cooked through. Serve with salad and dinner rolls.

Date: _____

