

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: _____



Slow Cooker Puttanesca with Pasta

Thaw and add to slow cooker and set on low for 8 hours. Add water to the sauce if your slow cooker runs hot. Toss with cooked pasta. Serve with veggies.

Date: _____



Slow Cooker Puttanesca with Pasta

Thaw and add to slow cooker and set on low for 8 hours. Add water to the sauce if your slow cooker runs hot. Toss with cooked pasta. Serve with veggies.

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 Thai Peanut Chicken

Thaw and slow cook on low for 8 hours. With 30 minutes remaining in cooking cycle, stir in the cornstarch to thicken sauce. Serve with chopped peanuts and sesame seed garnish, over rice with veggies.

Date: _____



Slow Cooker Thai Peanut Chicken

Thaw and slow cook on low for 8 hours. With 30 minutes remaining in cooking cycle, stir in the cornstarch to thicken sauce. Serve with chopped peanuts and sesame seed garnish, over rice with veggies.

Date: _____



Creamy Chicken and Wild Rice Soup

Thaw and add contents of baggie to large saucepan or Dutch oven. Bring to bubbling and cook for 10 minutes, then shred chicken, add rice and other ingredients and cook as directed. Serve with salad.

Date: _____



Creamy Chicken and Wild Rice Soup

Thaw and add contents of baggie to large saucepan or Dutch oven. Bring to bubbling and cook for 10 minutes, then shred chicken, add rice and other ingredients and cook as directed. Serve with salad.

Date: _____



Parmagiana Meatballs

Thaw and bake covered at 400 F for 35 minutes, then uncover and bake another 10 to 15 minutes, or until meatballs are cooked through. Serve over pasta with salad.

Date: _____



Parmagiana Meatballs

Thaw and bake covered at 400 F for 35 minutes, then uncover and bake another 10 to 15 minutes, or until meatballs are cooked through. Serve over pasta with 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: _____



Spiced Pork Tenderloin

Thaw and add content of baggie to slow cooker. Add 1/2 to 1 cup of water and slow cook on low for 8 hours. Serve with mashed sweet potatoes and salad.

Date: _____



Spiced Pork Tenderloin

Thaw and add content of baggie to slow cooker. Add 1/2 to 1 cup of water and slow cook on low for 8 hours. Serve with mashed sweet potatoes and salad.

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: _____



Black Bean Fajitas

Thaw and saute the peppers and onion in skillet. Reheat the black bean mixture in small skillet or saucepan. Assemble fajitas with black beans and peppers-onions. Serve with cheese or guacamole garnish, and salad.

Date: _____



Black Bean Fajitas

Thaw and saute the peppers and onion in skillet. Reheat the black bean mixture in small skillet or saucepan. Assemble fajitas with black beans and peppers-onions. Serve with cheese or guacamole garnish, and salad.

Date: _____

