

Slow Cooker Chicken Ropa Vieja

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

Date: _____



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Slow Cooker Chicken No-Tortilla Soup

Thaw and then cook on low for 8 hours. Shred the chicken into the soup before ladling into bowls. Serve with avocado slices as garnish and side salad.

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Cheeseburger Tortellini Skillet

Thaw completely and cook the pasta and sauce in skillet. Once tortellini are cooked, stir in the cream and top with shredded mozzarella cheese and Parmesan cheese, and cook until cheese melts. Serve with veggies.

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Coconut Lime Chicken Skillet

Thaw and add to skillet or saucepan and cook over medium low heat. Once the sauce begins to bubble, swirl in the coconut milk, cover with lid and let simmer on low for 10 to 15 minutes, or until chicken is cooked. Stir often. Serve with cilantro and crushed red pepper garnish and side salad.

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Tex Mex Tater Tot Bake

Thaw completely and bake at 350 F for 30 to 35 minutes. Top with remaining shredded cheese and bake another 5 to 10 minutes. Serve with side salad.

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Eggplant Pasta Skillet

Thaw and reheat in skillet. Once warmed through, add beef stock and small shell pasta. Cover and cook on low heat for 8 to 10 minutes, or until pasta is tender. Serve with Parmesan cheese garnish, and side salad.

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Thaw and reheat in skillet. Once warmed through, add beef stock and small shell pasta. Cover and cook on low heat for 8 to 10 minutes, or until pasta is tender. Serve with Parmesan cheese garnish, and side salad.

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Slow Cooker Mushroom Pot Roast

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

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Slow Cooker Mushroom Pot Roast

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

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Four Bean Chili

Thaw and add contents of baggie to large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes. Serve with shredded cheese garnish and side salad.

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Slow Cooker Crack Chicken

Thaw and slow cook on low for 8 hours. Shred the chicken with the sauce and add bacon crumbles and shredded cheese. Serve on buns with chips and fruit.

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Pesto Meatballs

Thaw and bake at 375 F for 30 minutes. Serve over pasta with salad.

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