



1. Slow Cooker Beef Teriyaki over rice with egg rolls and mandarin oranges
2. Grilled Chicken and Cream Cheese Enchiladas with roasted green beans
3. Lemon Chicken and Sauerkraut with roasted broccoli and red pepper
4. BBQ Peach Pulled Pork Sandwiches with chips, baked beans, and pickles
5. Beef Shwatma in the Slow Cooker and sweet potato fries
6. Chicken Strips over salad with rolls on the side
7. Frozen Fruit cups

Produce

{green beans}
 {broccoli, 2 bunches}
 {red pepper, 2}
 cucumber, 1 small
 garlic cloves, 3
 {sweet potatoes}
 {salad}
 bananas, 3

Canned/Dry

pineapple tidbits, 20 oz
 teriyaki sauce, 15-20 oz jar
 {mandarin oranges}
 black bean and corn salsa, 26 oz jar
 sauerkraut, 32 oz
 peach salsa, 16 oz jar
 BBQ sauce, 16 bottle
 {baked beans}
 {chips}
 orange juice
 mandarin oranges 15 oz can
 crushed pineapple, 20 oz can

Bread

flour tortillas, 7-8
 rolls
 pita bread

Frozen

{egg rolls}
 {rolls}
 pineapple juice concentrate, 12 oz can
 sweetened strawberries, 16 oz

Dairy

cream cheese, 8 oz.
 Shredded cheddar cheese, 1 cup
 {pickles}

greek yogurt, 8 oz.
 eggs, 2

Meat

stew beef, 2 lbs
 chicken breasts, 3-4
 chicken thighs, 2.5 - 3 lbs
 boneless pork roast, 2-3 lbs.
 boneless beef steak, 2.5-3 lbs.
 chicken tenders, 2 lbs.

Items to Have in Pantry/Fridge

salt/pepper
 olive oil
 oil for frying
 rosemary, ½ tsp.
 lemon juice, 3 Tbs + 6 Tbs
 ground red pepper, ½ tsp.
 curry powder, 2 tsp.
 Powered sugar, 2 Tbs.
 paprika, 1 tsp.
 oregano, ½ tsp.
 garlic powder, ¼ tsp.
 Pickle juice, 1 cup
 flour, 1 cup
 basil, ½ tsp.
 onion powder, ¼
 sugar, ½ cup
 clean plastic cups





3 Ingredient Slow Cooker Beef Teriyaki with Pineapple

Yield: 6-8 servings

Ingredients

- 2 lbs. stew beef
- 15 - 20 oz jar Teriyaki sauce
- 20 oz pineapple tidbits, drained

Instructions

1. Put the beef in the slow cooker.
2. Pour sauce over the top.
3. Cook on high for 5-6 hours or low for 7-8 hours.
4. Add pineapple during the last 20-30 minutes of cooking.

Serving suggestion: egg rolls and mandarin oranges





Grilled Chicken and Cream Cheese Enchiladas

Yield: 6 servings

Ingredients

- Grilled, sliced chicken breasts 3-4
- 26 oz jar Black Bean and Corn Salsa
- 8 oz cream cheese
- Flour tortillas 7-8
- 1 cup shredded cheddar cheese

Instructions

1. Cut the cream cheese into cubes and put it in a microwave safe bowl.
2. Pour about half the salsa over the cream cheese. Warm in the microwave for a minute or two, just long enough to melt the cream cheese. Stir and pop back in the microwave if it needs to melt more.
3. Add the sliced chicken to the cream cheese and salsa, stirring to combine.
4. Fill tortillas with the mixture, rolling and placing in a greased 9×13 casserole dish.
5. Pour the rest of the salsa over the top of all the filled tortillas. Top with cheddar cheese.
6. Bake at 350 for 20-30 minutes or until hot and bubbly.

Serving suggestion: roasted green beans

Roasted green beans: Clean fresh beans or drain canned beans. Then spread out on a pan with edges. Drizzle olive oil, salt, and pepper. Then roast at 425 for 15-25 minutes.





Lemon Chicken Baked on a Bed of Sauerkraut – A Slow Cooker Recipe

Yield: 6-8 servings

Ingredients

- 32 oz jar sauerkraut
- 1/2 tsp. ground red pepper
- 1/2 tsp. dried rosemary, crumbled
- 2.5 - 3 lbs. chicken thighs or other cut
- 3 Tbs. lemon juice
- 1 tsp. olive oil
- salt and pepper to taste

Instructions

1. Rinse the sauerkraut and drain. Give it a squeeze with your hands to remove extra water.
2. Place kraut in the crockpot that has been sprayed with cooking spray.
3. Add red pepper and rosemary and stir into the kraut.
4. Place chicken over kraut.
5. Mix lemon juice and olive oil. Brush on chicken, using all of the lemon juice/olive oil.
6. Sprinkle with salt and pepper.
7. Cook on high 5-6 hours or low 7-8 hours.

Serving suggestion: roasted broccoli and red pepper

Roasted Broccoli and Red Pepper

Ingredients

- fresh broccoli, cut into florets
- red bell peppers, cut into strips
- olive oil
- Kosher salt
- black pepper

Instructions

1. This is more method than recipe. Use the amounts you need for your family.
2. Toss the broccoli and red peppers with a drizzle of olive oil. You want the veggies to be lightly coated with oil. It doesn't take very much oil.
3. Sprinkle with seasonings and toss again.
4. Place on a rimmed cookie sheet and put it in the oven at 400 degrees for about 15-20 minutes.





Slow Cooker BBQ Peach Pulled Pork

Yield: 6-8 servings

Ingredients

- 2-3 lb. boneless pork loin or pork roast
- 1 bottle (16 oz.) barbecue sauce
- 1 jar (16 oz.) peach salsa
- Rolls, for serving

Instructions

1. Place the pork in a slow cooker. In a small bowl, whisk together the barbecue sauce and peach salsa. Pour over the pork.
2. Cook on low for 8-10 hours.
3. Remove the pork to a cutting board and shred using two large forks. Return the shredded pork to the slow cooker and stir to combine with the sauce.
4. Serve on rolls.

Serving suggestion: chips, baked beans, and pickles





Beef Shwarma in the Slow Cooker

Yield: 6-8 servings

Ingredients

- 6 Tbs. lemon juice
- 6 Tbs. olive oil
- 1 tsp. salt
- 2 tsp. curry powder
- 2 dashes ground red pepper
- 3 garlic cloves, crushed
- 2.5 - 3 lbs. thin cut, boneless beef steak
- 8 oz plain or Greek yogurt
- 1 small cucumber, chopped
- pita bread

Instructions

1. Stir lemon juice, olive oil, salt, curry, cayenne pepper and garlic together in a small bowl.
2. Place meat in slow cooker.
3. Pour mixture over the top and stir to combine with meat.
4. Cook on high 5-6 hours or low 7-8 hours
5. Combine yogurt and cucumber.
6. Serve cooked meat in pita bread with cucumber-yogurt sauce.

Serving suggestions: sweet potato fries

Sweet Potato Fries

Ingredients

- sweet potatoes
- olive oil
- Kosher salt/black pepper

Instructions

1. Wash the sweet potatoes and cut them into sticks.
2. Put them in a large bowl and drizzle with olive oil.
3. Sprinkle with salt and pepper and toss to coat.
4. Place them on a greased baking sheet and bake at 400 degrees for about 30 minutes, or until the potatoes are tender.





Copycat Chick-fil-a Chicken

Yield: 6 servings

Ingredients

- 2 lbs chicken tenders
- 1 cup dill pickle juice
- 2 eggs
- 1 cup all-purpose flour
- 2 tablespoons powdered sugar
- 1 teaspoon salt
- 1 teaspoon paprika
- 1/2 teaspoon pepper
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Oil for frying (Chick-fil-a uses peanut oil, I used canola)

Instructions

1. Place chicken in a plastic bag or covered dish with pickle juice.
2. Marinate for at least an hour (but preferably overnight)
3. Beat eggs in a bowl large enough to dip the chicken into.
4. Mix flour, sugar, and all of the spices in another shallow bowl or plate
5. Remove chicken from the pickle juice and drain well. (dispose of pickle juice)
6. Dip the chicken into the egg wash and then into the flour mixture, completely covering chicken.
7. Fry the chicken using your preferred method. (I used a Fry Daddy, and cooked my chicken in batches.)

Serving suggestion: serve over salad with rolls on the side





Frozen Fruit Cups

Yield: 12-15 servings

Ingredients

- 1 can (12 oz) frozen pineapple juice concentrate, thawed
- orange juice (2 juice cans full)
- water (1 juice can full)
- 1/2 cup sugar
- 3 medium firm bananas, sliced
- 16 oz frozen, sliced, sweetened strawberries
- 1 can (15 oz) mandarin oranges
- 1 can (20 oz) crushed pineapple
- clear plastic cups

Instructions

1. Combine all ingredients in a large bowl.
2. Ladle into the cups and freeze. I place all the cups on a cookie sheet to keep them upright in the freezer.
3. To serve, set them out of the freezer for 40-50 minutes or defrost them a bit in the microwave. Feel free to substitute ingredients as you like.

