

Balsamic Roast Beef

Thaw if frozen. Add entire contents of bag to a slow cooker. Cook on LOW for 6-7 hours or on high for 4 hours. Remove roast with tongs and break apart with two forks. Ladle about ¼-1/2 cup juice remaining in slow cooker over the beef.

Dutch Potatoes

1. Heat oil and butter in a large skillet over medium heat.
2. Wash potatoes (if needed) and cut them each in half. Add the potato halves to the skillet in a single layer. Cook until browned, about 5 minutes.
3. Taking care not to break the potatoes, turn them to brown the other side. Turn the heat to low, cover and cook potatoes until tender.
4. To the tender potatoes, add the garlic-lemon mixture; stir gently to coat all potatoes. Cook a few minutes longer just until heated through.

Shrimp, Bean, Rice Bowl

1. Prep the following: mince the garlic cloves, squeeze the fresh lime, wash the cilantro, squeeze dry and chop. You'll need a deep skillet with a lid.
2. Heat the skillet over medium heat. Heat 1 tbsp cooking oil until it easily swirls around the pan, but isn't sizzling. Add shrimp and garlic, making sure not to crowd the shrimp.
3. Sprinkle salt and red pepper flakes over the shrimp.
4. Cook shrimp to cook about 2 minutes each side, until pink throughout.
5. Remove the cooked shrimp from the skillet and set aside on a plate; cover with foil.
Do not clean out the skillet.
6. In the same skillet you used for the shrimp, sauté the diced red pepper 2 to 3 minutes, or until it starts to get tender. Add a little more oil if the pan is too dry.
7. Stir in rice.
8. Stir in broth, water and salt, if desired. Bring to a boil. Stir well and reduce the heat to maintain a low boil or simmer. Cover and simmer for 15 to 20 minutes. If needed, stir in more water in 1 tablespoon increments, if rice is too dry.
9. Stir in half of your fresh lime juice, pinto beans (rinsed and drained) and half of your fresh cilantro.
10. Sprinkle shrimp with remaining lime juice and a few sprinkles of remaining chopped cilantro. Stir to coat. Fold the shrimp back into the skillet and heat through.

Pulled Pork Soft Shell Tacos

1. Thaw if frozen.
2. Allow pork to sit at room temperature about 30 minutes prior to cooking.
3. Heat a Dutch oven or large pot over medium-high heat, add the pork loin and sear both sides until browned, about 3-4 minutes each side. Remove from pot.
4. At this point you can place the garlic, onions, pork loin and 1 cup water into a slow cooker and cook on LOW for 8 hours or HIGH for 4-5 hours. Or, you can add the garlic and onions to your Dutch oven, add the garlic, onion and 1 cup of water. Cook at 350° for 60-90 minutes. Internal temperature should read 145° and pull apart easily when cooked.
5. After either cooking method, remove pork to shred it then return it to the pot you cooked it in, back in the juices, and warm for an additional 30 minutes.
6. Fill the flour tortillas with the shredded pork, top with the slaw, diced tomato, avocado and cheese if desired.

Vegetable Curry & Rice

1. Peel and dice the Gala apple. Heat 1 Tbsp cooking oil in a large skillet or Dutch oven. Add the bag with the chopped onion and ginger, along with the diced apple. Sauté until tender, about 8-10 minutes.
2. Add the garlic and curry paste, stir for another 3 minutes.
3. Peel and dice the sweet potato and add it to the skillet or pot, along with: cauliflower, chickpeas (drained/rinsed), diced tomatoes (including juice), vegetable broth, ½ tsp pepper and ¼ tsp salt.
4. Allow to cook on the stove on low-medium heat for about an hour, until veggies are tender.
Note: at this point you may also transfer onion/apple mixture from stove to a slow cooker, add all of the above noted ingredients and cook on HIGH for 4-6 hours, until vegetables are tender.
5. When ready to serve, stir in spinach leaves and allow to cook for 2-3 minutes until spinach wilts. If desired, puree mixture with an immersion blender. Stir in coconut milk. Serve hot over rice.

Rice cooking instructions:

1. Heat oil or butter in a pot, add the cumin seeds, bay leaf and cinnamon. Allow to crackle.
2. Add water to hot oil/butter and spices, cover with lid immediately. Allow water to boil.
3. Add rice to boiling water, stir, then allow to cook uncovered and untouched until almost all liquid is absorbed. Pockets will appear on top of the rice.
4. Cover then allow to steam for 5-7 minutes until liquid is absorbed and rice is fluffy.

Creamy Italian Chicken with Pasta and Broccoli

Thaw if frozen. Place on ingredients in a slow cooker. Cook on LOW for 4-6 hours.
Boil pasta and steam broccoli.

Goulash

1. Add 2 tbsp oil to a deep skillet, pot or Dutch oven. Sauté veggies over medium heat for 10-15 minutes, or until desired tenderness.
2. Add ground beef to skillet and cook through.
3. Add noodles to boiling water and boil for 8 minutes.
4. Add the crushed tomatoes, diced tomatoes (drained) and spices to the pot. Stir and allow to simmer while the noodles continue to boil.
5. Drain noodles and fold into the veggie/meat mixture. Stir in cheese. Warm until cheese melts.

Italian Beef for Sandwiches

Empty contents of bag into a slow cooker. Cook on LOW for 6-8 hours or on HIGH for 3-4 hours. Serve with your choice of buns.

Chicken & Black Bean Enchiladas

1. Preheat oven to 400 degrees. Heat oil in a large skillet over medium heat. To the hot oil add the onion and sauté until tender.
2. Add the chicken pieces and toss until golden brown and cooked through.
3. Add the salsa mixture, and the black beans (drain/rinse first).
4. Allow to simmer for about 5 minutes, until sauce thickens and reduces.
5. Pour half of the enchilada sauce over the bottom of a 9x9-inch pan.
6. Lay out the tortillas and divide the chicken mixture evenly among each. Top each with 1-2 tbsp cheese. Roll each tortilla up and place seam-side down in the baking dish.
7. Pour the remaining sauce over the tortillas and sprinkle with the remaining cheese.
8. Bake in preheated oven for 15 minutes or until bubbly and heated through.

Balsamic Roast Beef

3 ½ pound boneless beef chuck roast
1 cup low sodium beef broth
1 Tbsp Worcestershire sauce
½ cup balsamic vinegar
1 Tbsp coconut aminos (or soy sauce)
1 Tbsp honey (or pure maple syrup)
½ - 1 tsp crushed red pepper flakes
2 tsp minced garlic

1. Add all ingredients to a slow cooker.
2. Cook on LOW for 6-7 hours or on high for 4 hours.
3. Remove roast with tongs and break apart with two forks.
4. Ladle about ¼-1/2 cup juice remaining in slow cooker over the beef.

Dutch Potatoes

1 Tbsp unsalted butter
1 Tbsp canola oil
1 ½ pound bag Baby Dutch yellow potatoes
1 Tbsp dried oregano leaves
1 Tbsp lemon zest
2 Tbsp lemon juice
1 Tbsp minced garlic
1 tsp salt
Dash of ground black pepper

1. Heat butter and oil in a large skillet over medium heat.
2. Wash potatoes and cut them each in half. Add the potato halves to the skillet in a single layer. Cook until browned, about 5 minutes.
3. Taking care not to break the potatoes, turn them to brown the other side. Turn the heat to low, cover and cook potatoes until tender.
4. In a small bowl, mix together remaining ingredients.
5. To the tender potatoes, add the garlic-lemon mixture; stir gently to coat all potatoes. Cook longer just until heated.

Creamy Italian Chicken with Pasta and Broccoli

4 (5-ounce) chicken breasts
1 (8-ounce) cream cheese
1 can cream of chicken soup
1 dry packet of Italian dressing

1. Place on ingredients in a slow cooker.
2. Cook on LOW for 4-6 hours.
3. Boil pasta and steam broccoli.

Shrimp, Bean, Rice Bowl

1-pound raw shrimp, peeled and deveined
2 Tbsp cooking oil
3-4 cloves garlic, minced
1 fresh lime
1 bunch fresh cilantro
¼ tsp salt
½ tsp red pepper flakes
½ cup diced red pepper
1 cup Jasmine rice
1 can chicken broth
½ cup water
1 can pinto beans, rinsed and drained

1. Prep the following: mince the garlic cloves, squeeze the fresh lime, wash the cilantro, squeeze dry and chop.
2. Heat a large skillet over medium heat. Heat olive oil until it easily swirls around the pan, but isn't sizzling. Add shrimp and garlic, making sure not to crowd the shrimp.
3. Sprinkle salt and red pepper flakes over the shrimp.
4. Cook shrimp to cook about 2 minutes each side, until pink throughout.
5. Remove the cooked shrimp from the skillet and set aside on a plate. Do not clean out the skillet.
6. In the same skillet you used for the shrimp, sauté the diced red pepper 2 to 3 minutes, or until it starts to get tender. Add a little more oil if the pan is too dry.
7. Stir in rice.
8. Stir in broth, water and salt, if desired. Bring to a boil. Stir well and reduce the heat to maintain a low boil or simmer. Cover and simmer for 15 to 20 minutes. If needed, stir in more water in 1 tablespoon increments, if rice is too dry.
9. Stir in half of your fresh lime juice, pinto beans (rinsed and drained) and half of your fresh cilantro.
10. Sprinkle shrimp with remaining lime juice and a few sprinkles of remaining chopped cilantro. Stir to coat.
11. Fold the shrimp back into the skillet and heat through.

Italian Beef for Sandwiches

2 pound beef roast
1 ¼ cup tomato sauce
1 tsp ground black pepper
1 tsp garlic powder
1 tsp dried oregano
1 tsp dried basil
1 tsp dried parsley
¼ cup Worcestershire sauce
¼ cup soy sauce
1 dried Italian salad dressing mix packet

Buns of your choice to serve

1. Combine all ingredients together in a slow cooker.
2. Cook on LOW for 6-8 hours or on HIGH for 3-4 hours.

Vegetable Curry & Rice

- 1 Tbsp cooking oil
- ½ medium onion, diced
- 1 Gala apple, peeled and diced
- 2 Tbsp minced ginger
- 2 garlic cloves, minced
- ¼ cup mild curry paste
- 1 sweet potato, peeled and diced
- 2 cups cauliflower, diced into small pieces
- 1 (14-ounce) can chickpeas, drained and rinsed
- 1 (14-ounce) can diced tomatoes
- 1 (14-ounce) can vegetable broth
- ½ tsp ground black pepper
- ¼ tsp salt
- ½ cup coconut milk
- 1 ½ cup (lightly packed) fresh spinach leaves, chopped

- 1 Tbsp coconut oil, butter or Ghee (clarified butter)
- 2 cups basmati rice
- 4 cups water
- 1 whole bay leaf
- 1 whole cinnamon stick
- ½ tsp whole cumin seed
- ¼ tsp salt

1. Heat oil in large skillet or Dutch oven over medium heat. Add the onion, apple and ginger. Sauté until tender, about 8-10 minutes.
2. Add the garlic and cook for 30 more seconds. Stir in curry paste, stir for another 3 minutes.
3. Add the sweet potato, cauliflower, chickpeas, tomatoes, broth, ground pepper and salt. Allow to cook on the stove on low-medium heat for about an hour, until veggies are tender.
Note: at this point you may also transfer onion/apple mixture from stove to a slow cooker, add all of the above noted ingredients and cook on HIGH for 4-6 hours, until vegetables are tender.
4. When ready to serve, stir in coconut milk and spinach leaves and allow to cook for 2-3 minutes until spinach wilts. If desired, puree mixture with an immersion blender. Serve hot over rice.

Rice cooking instructions:

1. Heat oil or butter in a pot, add the cumin seeds, bay leaf and cinnamon. Allow to crackle.
2. Add water to hot oil/butter and spices, cover with lid immediately. Allow water to boil.
3. Add rice to boiling water, stir, then allow to cook uncovered and untouched until almost all liquid is absorbed. Pockets will appear on top of the rice.
4. Cover then allow to steam for 5-7 minutes until liquid is absorbed and rice is fluffy.

Pulled Pork Soft Shell Tacos

2 ½ - 3 pound pork loin

1 Tbsp chili powder

2 tsp cumin

2 tsp oregano

2 tsp cayenne

½ tsp salt

½ tsp ground black pepper

2 Tbsp olive oil

4 cloves garlic, peeled

1 red onion, cut into 8 pieces

bag of tortillas each (10-count taco size, flour)

Suggested toppings: fresh diced tomato, avocado, cojita or pepper jack cheese

For coleslaw:

shredded cabbage/broccoli slaw

coleslaw dressing

1. Allow pork to sit at room temperature about 30 minutes prior to cooking.
2. Prepare the rub by mixing together the seasonings, chili powder – black pepper.
3. Season the pork loin by rubbing it thoroughly with the spice mixture.
4. Heat a Dutch oven or large pot over medium-high heat, add the pork loin and sear both sides until browned, about 3-4 minutes each side. Remove from pot.
5. At this point you can place the garlic, onions, pork loin and 1 cup water into a slow cooker and cook on LOW for 8 hours or HIGH for 4-5 hours. Or, you can add the garlic and onions to your Dutch oven, add the garlic, onion and 1 cup of water. Cook at 350° for 60-90 minutes. Internal temperature should read 145° and pull apart easily when cooked.
6. After either cooking method, remove pork to shred it then return it to the pot you cooked it in, back in the juices, and warm for an additional 30 minutes.
7. Mix your slaw dressing with the shredded cabbage mixture.
8. Fill the flour tortillas with the shredded pork; suggested toppings: slaw, diced tomato, avocado, cojita or pepper jack cheese.

Goulash

- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 onion, diced
- 2 tbsp cooking oil
- 1 pound lean ground beef
- 2 cups elbow macaroni, dry
- 1 (28-ounce) can crushed tomatoes
- 1 (14-ounce) can diced tomatoes, drained
- 1 tbsp chili powder
- 1 tbsp paprika
- ½ tsp cayenne pepper
- ½ tsp garlic powder
- ½ tsp season salt
- ½ tsp red pepper flakes
- ½ tsp celery seed
- 1 cup shredded cheese

1. Wash and prepare vegetables. Add oil to a deep skillet, pot or Dutch oven. Sauté veggies over medium heat for 10-15 minutes, or until desired tenderness.
2. Add ground beef to skillet and cook through.
3. Add noodles to boiling water and boil for 8 minutes.
4. Add the tomatoes and spices to the pot. Stir and allow to simmer while the noodles continue to boil.
5. Drain noodles and fold into the veggie/meat mixture. Stir in cheese. Warm until cheese melts.

Chicken & Black Bean Enchiladas

- 2 tsp cooking oil
- ¼ cup diced onion
- 2 cloves minced garlic
- 1-pound boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 15-ounce can black beans, rinsed and drained
- 1 4-ounce can diced green chilies
- 1/3 cup prepared salsa
- ½ packet taco seasoning
- 1 cup red enchilada sauce
- 6 (8-inch) tortillas
- 1 ½ cup shredded cheese

1. Preheat oven to 400 degrees. Heat oil in a large skillet over medium heat. To the hot oil add the onion and sauté until tender. Stir in the garlic.
2. Add the chicken pieces and toss until golden brown and cooked through.
3. Add the taco seasoning, black beans, salsa and green chilies. Allow to simmer for about 5 minutes, until sauce thickens and reduces.
4. Pour half of the enchilada sauce over the bottom of a 9x9-inch pan.
5. Lay out the tortillas and divide the chicken mixture evenly among each. Top each with 1-2 tbsp cheese. Roll each tortilla up and place seam-side down in the baking dish.
6. Pour the remaining sauce over the tortillas and sprinkle with the remaining cheese.
7. Bake in preheated oven for 15 minutes or until bubbly and heated through.