

Hy-Vee Simple Fix Menu Selection

Recipe #	Recipe	Protein	Cooking Method	Description
5	Asian Flank Steak	Beef	Slow-Cooker	
20	Beef & Broccoli	Beef	Slow-Cooker	GF, P, LC
21	Beef & Vegetable Soup	Beef	Slow-Cooker	
22	Beef Lentil Soup	Beef	Slow-Cooker	
23	Beef Stew	Beef	Slow-Cooker	LS, GF
24	Beef Stroganoff	Beef	Slow-Cooker	
44	Chinese Broccoli Beef	Beef	Slow-Cooker	
55	Dijon Pesto Steak	Beef	Grill	GF, P, LC
59	French Dip Roast Beef	Beef	Slow-Cooker	
70	Gyro Patties	Beef	Grill	GF, P, LC
83	Italian Beef	Beef	Slow-Cooker	
85	Italian Meatloaf	Beef	Oven-Ready	
86	Italian Wedding Soup	Beef	Slow-Cooker	GF, P, LC
96	Meat Loaf Cordon Bleu	Beef	Slow-Cooker	GF, P, LC
98	Meatloaf with Zesty Topping	Beef	Oven-Ready	
102	Mongolian Beef	Beef	Slow-Cooker	
107	Orange Shredded Beef	Beef	Slow-Cooker	
111	Party Beef Roast	Beef	Slow-Cooker	
112	Pepper Steak	Beef	Grill	GF, P, LC
113	Pepperoncini Shredded Beef	Beef	Slow-Cooker	
127	Roast	Beef	Slow-Cooker	
128	Ropa Vieja	Beef	Slow-Cooker	
132	Sloppy Joes	Beef	Slow-Cooker	GF, P, LC, LS
139	Sri Lankan Beef Curry	Beef	Stovetop	
140	Steak Fajitas	Beef	Stovetop	
143	Stuffed Peppers	Beef	Slow-Cooker	
150	Tater Tot Hotdish	Beef	Oven-Ready	
151	Teriyaki Beef	Beef	Slow-Cooker	
157	Tomato Alfredo Meatball Subs	Beef	Slow-Cooker	
165	Veggie Meatloaf	Beef	Slow-Cooker	GF, P, LC
166	Veggie Rice Stuffed Peppers	Beef	Slow-Cooker	GF, P, LC
171	Zuppa Toscana with Sweet Potatoes	Beef	Slow-Cooker	
4	Asian Barbeque Chicken	Chicken	Grill	
9	Balsamic Chicken	Chicken	Slow-Cooker	GF, LC, P
10	Balsamic Chicken & Veggies	Chicken	Grill	GF, P, LC
14	Basil Lime Chicken	Chicken	Oven-Ready	
15	BBQ Chicken	Chicken	Slow-Cooker	GF
16	BBQ Chicken Cornbread Casserole	Chicken	Slow-Cooker	
17	BBQ Dijon Pulled Chicken	Chicken	Slow-Cooker	
18	BBQ Pulled Chicken	Chicken	Slow-Cooker	
31	Caribbean Jerk Chicken	Chicken	Slow-Cooker	GF, LC, P

GF=Gluten-Free
LS=Low Sodium
V=Vegan
LC=Low-Carb
P=Profile Friendly

34	Cheesy Mexican Chicken	Chicken	Slow-Cooker	
35	Chicken & Veggie Hotdish	Chicken	Oven-Ready	
36	Chicken Asada Fajitas	Chicken	Grill	GF, P, LC
37	Chicken Cacciatore	Chicken	Slow-Cooker	P, LC
38	Chicken Curry	Chicken	Slow-Cooker	
39	Chicken Philly Cheesesteak	Chicken	Slow-Cooker	LC, P
40	Chicken Stew	Chicken	Slow-Cooker	
41	Chicken Taco Chili	Chicken	Slow-Cooker	GF
42	Chicken Taco Soup	Chicken	Slow-Cooker	GF, LC, P
48	Cilantro Lime Chicken	Chicken	Slow-Cooker	GF, LC, P, LS
52	Cranberry Chicken & Green Beans	Chicken	Slow-Cooker	
53	Cran-Orange Chicken	Chicken	Slow-Cooker	
62	Ginger Peach Chicken	Chicken	Slow-Cooker	GF, LC, P
63	Glazed Chicken & Vegetables	Chicken	Slow-Cooker	
64	Greek Chicken Soup	Chicken	Slow-Cooker	GF, P, LC
65	Greek Pasta Bake	Chicken	Slow-Cooker	
66	Greek Pasta Bake	Chicken	Slow-Cooker	GF
72	Hawaiian Chicken	Chicken	Slow-Cooker	
75	Hoisin Honey Chicken Wings	Chicken	Slow-Cooker	GF, P, LC
78	Honey Garlic Chicken & Veggies	Chicken	Slow-Cooker	GF
81	Honey Sesame Chicken	Chicken	Slow-Cooker	GF
84	Italian Chicken	Chicken	Slow-Cooker	GF
89	Jambalaya	Chicken	Slow-Cooker	GF, LC, P
91	Kung Pao Chicken	Chicken	Slow-Cooker	
92	Lemon Pepper Chicken	Chicken	Slow-Cooker	GF,LC, P
94	Maple Dijon Chicken	Chicken	Slow-Cooker	
99	Mexican Chili	Chicken	Slow-Cooker	
103	Moroccan Chicken	Chicken	Slow-Cooker	
106	Orange Chicken	Chicken	Slow-Cooker	GF, P, LC
114	Pesto Chicken & Potatoes	Chicken	Slow-Cooker	GF
116	Pineapple Chicken Burritos	Chicken	Slow-Cooker	
126	Red Pepper Chicken	Chicken	Slow-Cooker	GF, LC, P
129	Salsa Verde Chicken	Chicken	Slow-Cooker	
130	Savory Chicken	Chicken	Slow-Cooker	GF, LC, P, LS
131	Shepards Pie	Chicken	Oven-Ready	
134	Southwestern Chicken Soup	Chicken	Slow-Cooker	GF
138	Spanich Chickpea Chicken Soup	Chicken	Slow-Cooker	GF
147	Sweet Honey Chicken with Quinoa	Chicken	Slow-Cooker	
148	Sweet Mustard Chicken	Chicken	Grill	
152	Teriyaki Chicken	Chicken	Slow-Cooker	
154	Tex Mex Soup	Chicken	Slow-Cooker	
155	Thai Chicken	Chicken	Stovetop	P, LC

156	Thai Piineapple Curry	Chicken	Slow-Cooker	GF
161	Tortilla Soup	Chicken	Slow-Cooker	
167	White Chicken Chili	Chicken	Slow-Cooker	GF
170	Zippy Chicken Enchiladas	Chicken	Oven-Ready	
8	Baked Salmon	Fish & Seafood	Oven-Ready	
13	Barbecued Salmon	Fish & Seafood	Grill	
26	Blackened Tilapia	Fish & Seafood	Stovetop	GF, P, LC
47	Chowder	Fish & Seafood	Slow-Cooker	
49	Cilantro Shrimp	Fish & Seafood	Grill	GF, P, LC
58	Firecracker Grilled Salmon	Fish & Seafood	Grill	
68	Grilled Salmon with Pistachio Butter	Fish & Seafood	Grill	
79	Honey Lime Tilapia	Fish & Seafood	Stovetop	GF, P, LC, LS
80	Honey Mustard Salmon	Fish & Seafood	Grill	GF, P, LC
87	Jalapeno Lime Shrimp Kabobs	Fish & Seafood	Grill	
2	Apple Pork Tenderloin	Pork	Slow-Cooker	GF
11	Barbecue Marinated Pork Chops	Pork	Grill	P, LC
12	Barbecued Pulled Pork Roast	Pork	Slow-Cooker	GF, P, LC
19	BBQ Pulled Pork Sandwiches	Pork	Slow-Cooker	
29	Brown Sugar Glazed Pork	Pork	Slow-Cooker	GF, P, LC
33	Char Siu Pork Roast	Pork	Slow-Cooker	
50	Cilantro-Lime Pork	Pork	Slow-Cooker	
54	Creamy Mushroom Pork Chops	Pork	Slow-Cooker	P, LC
61	Ginger Cranberry Pork	Pork	Slow-Cooker	
67	Greek Pork Burgers	Pork	Grill	GF, P, LC
71	Ham & Cheese Potato Hot Dish	Pork	Slow-Cooker	
76	Honey Balsamic Pot Roast	Pork	Slow-Cooker	
77	Honey Dijon Pork	Pork	Slow-Cooker	
90	Korean-Style Pork Chops	Pork	Slow-Cooker	
95	Maple Marinated Pork Chops	Pork	Grill	P, LC
100	Mexican Pork & Sweet Potato Stew	Pork	Slow-Cooker	
101	Mexican Shredded Pork Loin	Pork	Slow-Cooker	GF
109	Pacific Pork	Pork	Slow-Cooker	
110	Parmesan Herb Pork Loin	Pork	Slow-Cooker	
115	Pesto Pork Kabobs	Pork	Grill	P, LC
117	Pork Carnitas	Pork	Slow-Cooker	GF, P, LC
118	Pork Chops & Mushrooms	Pork	Slow-Cooker	
119	Pork Loin with Fruit Sauce	Pork	Slow-Cooker	GF, LC
120	Pork Roast	Pork	Slow-Cooker	LS, GF, P, LC
121	Pork Tenderloin	Pork	Slow-Cooker	GF, P, LC
122	Pulled Pork	Pork	Slow-Cooker	
123	Ranch Pork Chops	Pork	Grill	P, LC
135	Southwestern Pork Chili	Pork	Slow-Cooker	
141	Stir-Fry	Pork	Slow-Cooker	GF, P, LC
145	Sweet Chinese Pork Chops & Rice	Pork	Slow-Cooker	

153	Teriyaki Pork	Pork	Grill	GF, P, LC
168	Zesty Marinated Pork Chops	Pork	Grill	GF, P, LC
169	Zesty Pork Loin	Pork	Grill	
28	Broccoli, Red Pepper , Ham & Egg Casserole	Pork & Egg	Brunch	
146	Sweet Corn with Chili Lime Butter	Sides	Grill	
6	Asian Turkey Burgers	Turkey	Grill	GF, P, LC
7	Asian Turkey Lettuce Wraps	Turkey	Slow-Cooker	
43	Chili Lime Turkey Burgers	Turkey	Grill	GF, P, LC
69	Gumbo	Turkey	Slow-Cooker	P, LC
74	Herb Crusted Pork Tenderloin	Turkey	Slow-Cooker	GF
97	Meatball Sliders	Turkey	Slow-Cooker	GF
136	Southwestern Turkey Chili	Turkey	Slow-Cooker	
142	Stuffed Burgers	Turkey	Grill	GF, P, LC
144	Stuffed Peppers	Turkey	Slow-Cooker	GF, P, LC, LS
158	Tomato Basil Veggie Pasta	Turkey	Slow-Cooker	GF, P, LC
159	Tomato Turkey & Veggie Soup	Turkey	Slow-Cooker	
162	Turkey & Black Bean Chili	Turkey	Slow-Cooker	
163	Turkey, White Bean & Kale Soup	Turkey	Slow-Cooker	
1	3-Bean Sloppy Joes	Vegetarian	Slow-Cooker	GF
3	Apple-Raisin Bran Muffins	Vegetarian	Brunch	
25	Black Bean Enchilada Soup	Vegetarian	Slow-Cooker	V
27	Blueberry French Toast Casserole	Vegetarian	Brunch	
30	Brownie Baked Oatmeal	Vegetarian	Brunch	
32	Cauliflower Crust Pizza	Vegetarian	Oven-Ready	
45	Chinese Hot Pot	Vegetarian	Slow-Cooker	V
46	Chipotle Quinoa & Black Bean Stew	Vegetarian	Slow-Cooker	
51	Coconut Chickpea Curry	Vegetarian	Slow-Cooker	
56	Farro & Veggie Split Pea Soup	Vegetarian	Slow-Cooker	
57	Fiesta Quinoa	Vegetarian	Slow-Cooker	
60	French Onion Soup	Vegetarian	Slow-Cooker	
73	Heavenly Carrot Cake Baked Oatmeal	Vegetarian	Brunch	
82	Indian Spiced Lentils	Vegetarian	Slow-Cooker	
88	Jamaican Red Bean Soup	Vegetarian	Slow-Cooker	
93	Lentil Chili	Vegetarian	Slow-Cooker	
104	Moroccan Vegetarian Stew	Vegetarian	Slow-Cooker	GF
105	Mushroom, Lentil & Barley Stew	Vegetarian	Slow-Cooker	V
108	Overnight Pumpkin Pie Oatmeal	Vegetarian	Brunch	
124	Raspberry Baked Oatmeal	Vegetarian	Brunch	
125	Ravioli Primavera	Vegetarian	Slow-Cooker	
133	Smoky Sweet Potato Chili with Lime	Vegetarian	Slow-Cooker	V
137	Spaghetti	Vegetarian	Slow-Cooker	
149	Sweet Potato & Black Bean Chili	Vegetarian	Slow-Cooker	
160	Tomato Veggie Soup	Vegetarian	Slow-Cooker	GF, P, LC
164	Vegetable Lasagna	Vegetarian	Slow-Cooker	

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