

## Savory Pepper Steak

**THAW:** Overnight in fridge

**COOK:** 8 hours on low in crock pot

**PREPARE:** Cook rice just before serving and serve pepper steak over rice. Add a frozen vegetable side, if desired.

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## Honey Bourbon Chicken

**THAW:** Overnight in fridge

**COOK:** 3-4 hours on low in crock pot

**PREPARE:** Remove chicken, slice into strips. Combine 1 tbs cornstarch and 1 tbs water. Pour into crock pot and mix. Do again if not thick enough. Add chicken back to crock pot. Stir. Serve over rice, spring with sesame seeds.

## Honey Bourbon Chicken

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**COOK:** 3-4 hours on low in crock pot

**PREPARE:** Remove chicken, slice into strips. Combine 1 tbs cornstarch and 1 tbs water. Pour into crock pot and mix. Do again if not thick enough. Add chicken back to crock pot. Stir. Serve over rice, spring with sesame seeds.

## Pineapple Chicken Burritos

**THAW:** In fridge for 24 hours

**COOK:** 6-8 hours on low in crock pot

**PREPARE:** Remove chicken, shred. Mix back into crock pot. Cook 2 cups cooked rice. Add to crock pot. Fill 10-12 burritos. Put into 9x13 pan. Pour 2 cans of green enchilada sauce over. Top with 2 cups cheese. Broil for 5 minutes.

## Pineapple Chicken Burritos

**THAW:** In fridge for 24 hours

**COOK:** 6-8 hours on low in crock pot

**PREPARE:** Remove chicken, shred. Mix back into crock pot. Cook 1 cup cooked rice. Add to crock pot. Fill 5-6 burritos. Put into 9x13 pan. Pour 1 can of green enchilada sauce over. Top with 1 cups cheese. Broil for 5 minutes.

## Pineapple Chicken Burritos

**THAW:** Overnight in fridge

**COOK:** 8 hours on low in crock pot

**PREPARE:** Serve with hot tortillas or tortilla chips. Top with sour cream, cheese, etc.

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## Crockpot Mongolian Beef

**THAW:** Overnight in fridge

**COOK:** 6-8 hours on low in crock pot (if longer than 8 hours add a bit more water so it doesn't dry out)

**PREPARE:** Make rice to serve with beef. Add green onions and another veggie side, if desired.

## Crockpot Mongolian Beef

**THAW:** Overnight in fridge

**COOK:** 6-8 hours on low in crock pot (if longer than 8 hours add a bit more water so it doesn't dry out)

**PREPARE:** Make rice to serve with beef. Add green onions and another veggie side, if desired.

## Honey Garlic Chicken

**THAW:** Overnight in fridge

**COOK:** 6 hours on low in crock pot

**PREPARE:** Make rice to serve with chicken.  
Add a frozen veggie side, if desired.

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**COOK:** 6 hours on low in crock pot

**PREPARE:** Make rice to serve with chicken.  
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## Chicken Spaghetti

**THAW:** Thaw in fridge for 24 hours

**COOK:** Bake in oven at 350 for 45 minutes or until bubbly. If cheese starts to get too cooked, cover with foil

**PREPARE:** Add a frozen veggie side, if desired.

## Chicken Spaghetti

**THAW:** Thaw in fridge for 24 hours

**COOK:** Bake in oven at 350 for 45 minutes or until bubbly. If cheese starts to get too cooked, cover with foil

**PREPARE:** Add a frozen veggie side, if desired.

## Baked Ziti

**THAW:** Thaw in fridge for 24 hours

**COOK:** Bake in oven at 350 for 30 minutes or until bubbly.

**PREPARE:** Add a frozen veggie side, if desired.

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**PREPARE:** Add a frozen veggie side, if desired.

## Baked Penne Chicken with Sun-Dried Tomatoes

**THAW:** Do not thaw.

**COOK:** Keep foil cover on casserole dish. Bake in oven at 400 for 90 minutes. Remove foil, bake until golden, about 15 minutes more.

**PREPARE:** Add a frozen veggie side, if desired.

## Baked Penne Chicken with Sun-Dried Tomatoes

**THAW:** Do not thaw.

**COOK:** Keep foil cover on casserole dish. Bake in oven at 400 for 90 minutes. Remove foil, bake until golden, about 15 minutes more.

**PREPARE:** Add a frozen veggie side, if desired.

## Chicken Enchiladas

**THAW:** Overnight in fridge.

**PREPARE:** Spread 1/3 chili mixture on bottom of 9x13 pan. Spoon chicken mix down each tortilla. Roll up, place seam side down into dish. Top with rest of chili mix. Sprinkle with cheese.

**COOK:** Bake in oven at 378 for 20-25 minutes or until bubbly.

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**COOK:** Bake in oven at 378 for 20-25 minutes or until bubbly.

## Honey Lime Chicken

**THAW:** Overnight in fridge.

**COOK:** Warm up in microwave or on stove top.

**PREPARE:** Serve over rice. Add a frozen vegetable, if desired.

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**PREPARE:** Serve over rice. Add a frozen vegetable, if desired.

## Taco Soup

**THAW:** Overnight in fridge.

**COOK:** Warm up in microwave or on stove top.

**PREPARE:** Serve with tortilla chips. Top with sour cream, green onions, cheese, etc.

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**COOK:** Warm up in microwave or on stove top.

**PREPARE:** Serve with tortilla chips. Top with sour cream, green onions, cheese, etc.

## Michele's Chili

**THAW:** Overnight in fridge (meat mixture only)

**COOK:** Add all ingredients to the crock pot, cook for 8 hours on low.

**PREPARE:** Serve with oyster crackers. Top with sour cream, green onions, cheese, etc.

## Michele's Chili

**THAW:** Overnight in fridge (meat mixture only)

**COOK:** Add all ingredients to the crock pot, cook for 8 hours on low.

**PREPARE:** Serve with oyster crackers. Top with sour cream, green onions, cheese, etc.