

Bean Stew

6 cups chicken broth or vegetable broth (add when putting in crock pot)

1 cup dry beans, picked over and rinsed

2 medium carrots, peeled and finely diced

1 small onion, finely chopped 2 celery stalks, finely diced

3 tablespoons uncooked white rice

2 tablespoons minced garlic

1-teaspoon herbs de Provence or dried thyme ½ teaspoon

salt 1/8teaspoon ground white or black pepper

Combine ingredients in a gallon zip lock bag (minus the broth). Freeze. Thaw, add broth and bag to slow cooker. Cover and cook on low for 8 hours or on high for 4 to 5 hours. Serves 4-5 people.

Meat Stew

2 lbs Meat (beef, pork, whatever is on sale), cubed

2 Onions, chopped

5 Carrots, sliced

3 Zucchini, sliced

2 Celery stalks, chopped

2 Red Bell Peppers, chopped

2 tsp Salt

5 tsp Pepper

2 tsp Minced Garlic

1 14 oz can Canned Tomatoes

1 can Tomato Sauce

Put all ingredients in a large ziploc bag and freeze. Thaw bag and add contents to slow cooker. Cook on high for 4 hours or on low for 8. Stir occasionally. Serve with warm cornbread. Serves approx 5-6 people.

Sausage and Bean Supper

- 1 lb Sausage, thinly sliced or crumbled
- 1 Onion Chopped
- 1 Celery Stalk Chopped
- 1 Tbsp Worcestershire Sauce
- 1.5 tsp Dry mustard
- ¼ cup Honey
- 1 can Tomatoes with Chili Peppers
- 1 can Butter Beans, rinsed and drained
- 1 can Kidney Beans, rinsed and drained
- 1 can Garbanzo Beans, rinsed and drained

In a large skillet brown sausage and onion, drain and allow to cool (totally optional, sausage will cook in the crock pot but there will be excess oil if you don't pre-brown it). Place sausage in a zip lock bag with other ingredients. Freeze. thaw contents of bag and place in a slow cooker. Cook on low for 4 hours, stirring occasionally. Serve with shredded cheese and tortilla chips over rice. Serves approx. 5-6 people.

Pork and Veggies

- 1 lb Pork Roast, cut into 1/2 inch strips
- 1 Onion, chopped
- 1 Green Bell Pepper, sliced
- 4 Carrots, sliced
- ½ pound Fresh Mushrooms, sliced
- 1 8oz can Tomato Sauce
- 1.5 Tbsp Apple Cider Vinegar
- 1 tsp Salt
- 2 tsp Worcestershire Sauce

Combine ingredients in a large ziplock bag, freeze. Thaw contents of bag and place in a slow cooker. Cook on low 6-8 hours. Serve over hot rice. Serves approx. 5-6 people.

Chicken Tortilla Soup

1 pound chicken
1 (15 ounce) can whole peeled tomatoes, mashed
1 (10 ounce) can enchilada sauce
1 medium onion, chopped
1 (4 ounce) can chopped green chile peppers
2 cloves garlic, minced
1 teaspoon cumin
1 teaspoon chili powder
1 teaspoon salt
1/4 teaspoon black pepper
1 bay leaf
1 (10 ounce) package frozen corn
1 tablespoon chopped cilantro
7 corn tortillas
vegetable oil

Combine all ingredients into a Ziploc bag. Freeze. Thaw and put into a slow cooker add 2 cups water and one 14 oz can of chicken broth. Cover, and cook on Low setting for 6 to 8 hours or on High setting for 3 to 4 hours. Shred chicken in crock pot after cooking is done. Serve with: Preheat oven to 400 degrees F (200 degrees C). Lightly brush both sides of tortillas with oil. Cut tortillas into strips, then spread on a baking sheet. Bake in preheated oven until crisp, about 10 to 15 minutes. To serve, sprinkle tortilla strips over soup. Serves approx. 5-6 people.

Chicken Taco Soup

1 onion, chopped
1 (16 ounce) can chili beans
1 (15 ounce) can black beans
1 (15 ounce) can whole kernel corn, drained
1 (8 ounce) can tomato sauce
1 (12 fluid ounce) can or bottle beer (or broth)
2 (10 ounce) cans diced tomatoes with green chilies, undrained
1 (1.25 ounce) package taco seasoning
3 whole skinless, boneless chicken breasts shredded
Cheddar cheese (optional garnish after cooking) sour cream
(optional garnish after cooking) crushed tortilla chips (optional
garnish after cooking)

Combine all ingredients into a Ziploc bag. Freeze. Thaw and cook on low for 6-8 hours. Shred chicken in crock pot once cooking is done. Serve topped with shredded Cheddar cheese, a dollop of sour cream, and crushed tortilla chips, if desired. Served approx. 5-6 people.

Chicken and Sweet Potato Stew

4 boneless, skinless chicken breasts, cut into bite-size pieces
2 medium sweet potatoes, peeled and cubed
2 medium Yukon Gold potatoes, peeled and cubed
2 medium carrots, peeled and cut into 1/2-inch slices
1 can (28 ounces) whole stewed tomatoes
1 teaspoon salt
1 teaspoon paprika
1 teaspoon celery seeds
1/2 teaspoon freshly ground black pepper
1/8 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1 cup nonfat, low-sodium chicken broth
1/4 cup fresh basil, chopped

Combine ingredients minus broth and add to gallon Ziploc bag. Freeze. Thaw add broth and cook on LOW for 6 to 8 hours or on HIGH

for 3 to 4 hours. Serve over hot rice. Serves 6-8 people.

Creamy Farmhouse Chicken and Garden Soup

1/2 package (16 ounces) frozen pepper stir-fry vegetable mix
1 cup frozen corn
1 medium zucchini, sliced
2 chicken breasts
1/2 teaspoon minced garlic
1/2 teaspoon dried thyme
1 cup half-and-half (or non-dairy milk for dairy allergies)
1/2 cup frozen green peas, thawed
2 tablespoons chopped parsley
2 tablespoons butter
1 teaspoon salt
1/2 teaspoon coarsely ground black pepper
1 can (14 ounces) fat-free chicken broth

Put all ingredients in a Ziploc bag except chicken broth and milk. Freeze. Thaw and put in slow cooker and add chicken broth and milk. Cook on low for 6-8 hours. Stir in 3 cups prepared noodles. Serves 7-8 people.

Spaghetti Sauce

1 lb ground beef 2 zucchini 3 carrots 2 bell pepper 2 onion 1 large can spaghetti sauce

Directions Finley chop or shred (depending on the vegetable aversion of the people eating it) all of the veggies. Brown ground beef with all veggies in a large skillet. Drain grease. Add Spaghetti sauce and stir to combine. Simmer for a few minutes. Divide into 2 quart sized Ziploc bags and Freeze. Thaw and reheat on the stove or microwave.

Sausage Casserole

1 lb hot sausage, browned
1lbs maple sausage, browned
1 cup celery, finely chopped
1 cup onion, finely chopped
1 bell pepper, finely chopped
1 packet dry chicken noodle soup
1 cup rice
2 cups water

Directions: brown all sausage, combine onion, celery and bell pepper in a skillet and sauté until clear. Combine all ingredients in the bag except water. Thaw, place in Crockpot add two cups water and cook on low 4-5 hours or until the rice is cooked soft.