



Top Viewed Recipes

FAN FAVORITES

OUR TOP DINNER RECIPES ON JULIE'S EATS & TREATS

WITH MILLIONS OF PAGEVIEWS!

julie's
EATS & TREATS



Hi! I'm Julie and I'm so happy to have you here! My goal is to provide you with simple, easy, and family friendly recipes. The recipes in the Ebook are my top rated, most popular dinner recipes with millions of views. This recipe Ebook is packed with easy, family friendly dinner recipes that will help you beat the back-to-school chaos and become trusted dinners your family will request over and over again. Make sure to visit Julie's Eats & Treats for more easy and delicious recipes that will be hits with your family!

Enjoy,
Julie



FAN FAVORITE
RECIPES





BAKED CHICKEN LEGS

INGREDIENTS

- 8 chicken drumsticks *about 2 lb*
- 2 Tbsp olive oil

Seasonings

- 1 tsp sea salt
- ½ tsp ground black pepper
- 1 tsp garlic powder
- 1 ½ tsp smoked paprika
- ¼ tsp chili powder
- 1 tsp onion powder

INSTRUCTIONS

1. Preheat the oven to 425 degree F.
2. Line a baking sheet with aluminum foil and lightly spray with non-stick cooking oil. Set aside.
3. Remove drumsticks from packaging. Pat them dry with paper towels. Place into a bowl or resealable plastic bag. Add oil and toss to coat.
4. In a small bowl combine seasonings. Add to bowl/bag and toss until chicken is coated.
5. Place drumsticks on the baking sheet. Place in a preheated oven and bake for 40-45 minutes or until the internal temperature is 165 degrees or higher.



INSTANT POT

HAMBURGER STROGANOFF

INSTRUCTIONS

1. Spray Instant Pot interior with cooking spray. Set to saute.
2. Brown ground beef, onion, and garlic.
3. After beef is browned stir in flour.
4. Add broth, soup, and salt and pepper. Mix.
5. Add noodles.
6. Place lid on Instant Pot.
7. Set to high pressure for 8 minutes.
8. After it is done, let the pressure naturally release for about five minutes, and then change to quick release until all the pressure is gone.
9. Stir in sour cream until combined.

INGREDIENTS

- 1/2 c. minced onion
- 1 clove garlic minced
- 1 lb ground beef
- 1 tsp salt
- 1/4 tsp pepper
- 10.5 oz can cream of mushroom soup
- 1 Tbsp Flour
- 3 c. beef broth
- 3 c. egg noodles uncooked
- 1 c. sour cream



AIR FRYER

CHICKEN LEGS

INGREDIENTS

- 8 chicken drumsticks
- 2 Tbsp olive oil
- 1 tsp sea salt
- ½ tsp ground black pepper
- 1 tsp garlic powder
- 1 ½ tsp smoked paprika
- ¼ tsp chili powder
- 1 tsp onion powder

INSTRUCTIONS

1. Preheat air fryer to 400 degrees for 5 minutes.
2. In a small bowl combine all the spices and herbs, set mixture aside.
3. Place chicken in a plastic resealable bag or bowl. Add olive oil and toss to coat.
4. Add spice mixture to bag or bowl and toss to coat chicken legs.
5. Place chicken drumsticks in air fryer basket and cook at 400 degrees for 10 minutes.
6. Flip chicken drumsticks over and cook for an additional 10 minutes at 400 degrees.
7. Chicken should reach an internal temperature of 165 degrees F, if it is not this temperature add a few more minutes of cooking time and check after that. I actually prefer my chicken legs about 180-190 degrees so they fall off the bone and there's no bloody spots around the bone.



ONE POT

HAM AND PENNE

INSTRUCTIONS

1. Place 1 Tbsp olive oil in a large skillet over medium heat until warm. Saute ham and onions until onions are translucent. Add garlic, parsley, basil, oregano, pepper and red pepper flakes; cook 1-2 minutes.
2. Stir in broth, milk, flour and penne noodles. Bring to a boil, reduce heat and simmer 10-12 minutes, stirring frequently.
3. Add peas and simmer five more minutes or until pasta is cooked through and peas are warm.
4. Sprinkle Parmesan cheese on top of pasta.

INGREDIENTS

- 1 Tbsp olive oil
- 1/2 c. chopped yellow onion
- 3 cloves minced garlic
- 3 c. cubed fully cooked ham
- 1/2 tsp dried parsley
- 1/2 tsp dried basil
- 1/4 tsp dried oregano
- 1/4 tsp pepper
- 1/4 tsp red pepper flakes
- 3 c. chicken broth
- 2 c. 2% milk
- 1/4 c. flour
- 16 oz penne noodles, uncooked
- 2 c. frozen peas thawed
- 1/2 c. Parmesan cheese



AIR FRYER

CHICKEN PARMESAN

INGREDIENTS

- 2 - 8 oz chicken breasts
- ¼ c. shredded Parmesan not grated Parmesan
- 1 c. Italian style bread crumbs
- 2 eggs whisked
- ½ c. marinara sauce
- ½ c. mozzarella cheese

INSTRUCTIONS

1. Set temperature on Air Fryer to 360 degrees F. Preheat 3 minutes.
2. Cut chicken breasts in half, lengthwise and trim.
3. Pound the chicken breasts into thinner pieces that are the same thickness.
4. In a medium bowl mix together the breadcrumbs and parmesan cheese.
5. In another bowl whisk the eggs together.
6. Dip each piece of chicken in egg and then dredge in the breadcrumb mixture. Repeat with remaining pieces of chicken.
7. Place chicken breasts in single layer inside of air fryer basket. If you are using a smaller air fryer you will need to cook in batches.
8. Add chicken breasts to preheated Air Fryer and cook for 6 minutes. Flip the chicken breasts over and top with marinara sauce and mozzarella cheese. Air fry for an addition 3-4 minutes or until chicken reaches an internal temperature of 165 degree F.
9. Set aside and keep warm, repeat with remaining 2 pieces



THE EASIEST CROCK POT CHILI

INGREDIENTS

- 3 lbs hamburger browned
- 2 14.5 oz cans petite diced tomatoes
- 1 medium onion chopped
- 30 oz can tomato sauce
- 15.5 oz can chili beans
- 2 c. water
- 2 Tbsp chili powder
- 1 1/2 tsp garlic salt
- 4 tsp cumin
- 2 tsp oregano

INSTRUCTIONS

1. In a large Crock Pot mix all ingredients together.
2. Cook on low for 8-10 hours.
3. Top with sour cream and cheese if desired.



INGREDIENTS

- 3 medium yukon gold potatoes diced
- 2 c. fresh green beans cut into 1 inch pieces
- 1 lb chicken breasts pounded to 1/2" thickness
- 1/2 c. butter
- .7 oz package dry Italian dressing mix

GREEN BEANS **CHICKEN & POTATOES**

INSTRUCTIONS

1. Cut green beans up. Line one side of the pan with green beans.
2. Cut potatoes up. Line opposite side of pan with the potatoes.
3. Line the chicken breasts down the middle of the baking dish.
4. Cut butter up and layer over the green beans, potatoes and chicken. Sprinkle Italian dressing over the entire pan. Cover with foil.
5. Bake at 350 degrees for 1 hr.



HONEY GARLIC CHICKEN DRUMSTICKS

INGREDIENTS

- 2.5 lbs chicken drumsticks
- Salt and pepper
- 1/4 tsp crushed red pepper flakes

Sauce

- 1 tsp olive oil
- 1/2 c. honey
- 2 Tbsp soy sauce
- 1/4 c. chicken broth
- 1 small onion diced
- 5 garlic cloves minced
- 1 tsp cornstarch

INSTRUCTIONS

1. Preheat oven to 425F. Line a baking sheet with aluminum foil for easy clean up. Add a wire rack on top if possible.
2. In a small saucepan over medium heat, add oil. When hot, stir in garlic and onions: cook for a few minutes, stirring constantly.
3. Add honey and soy sauce. Stir together the broth and cornstarch. Pour into pan and bring to a boil. Cook until the sauce has thickened, about 5 minutes. Remove from heat.
4. Pat chicken so it is dry. Place onto rack and season with salt, pepper, and crushed red pepper flakes.
5. Place into oven and cook for 10 minutes. Flip chicken and cook for another 10 minutes. Coat chicken with some sauce and cook for another 5 minutes. Flip one more time and coat the other side of the chicken. Cook for 5-10 minutes, or until chicken reaches 180 – 190 degrees F and juices run clean.
6. Serve chicken with rice and steamed veggies if desired (and do not forget to pour on any extra sauce that is remaining!)



CROCK POT CRACK CHICKEN

INGREDIENTS

- 2 lbs boneless skinless chicken breasts
- 1 oz packet ranch seasoning mix
- 2 packages cream cheese 8 oz each, cubed
- 2.8 oz bacon bits
- 1 c. shredded cheddar cheese

INSTRUCTIONS

1. Spray crock pot with non stick spray. Place the chicken breasts on the bottom of the crock pot. Top with ranch seasoning and cubed cream cheese.
2. Cook on low 6-8 hours or on High for 4 hours.
3. When cooking time is done shred the chicken with two forks. Then add the cheese and bacon. Stir to combine and cook on low for about 10-15 minutes or until cheese is melted.
4. Serve on buns or how ever you would like to enjoy it!



BACON CHEESEBURGER TATER TOT CASSEROLE

INSTRUCTIONS

INGREDIENTS

- 2 pounds lean ground beef
- 10 strips bacon diced
- 1 small onion diced
- 4 cloves garlic minced
- 1/3 cup all purpose flour
- 3 cups milk
- 1 tablespoon Worcestershire sauce
- dash of hot sauce optional
- 3 cups cheddar cheese plus a little extra for topping if desired
- 12-16 oz bag frozen mixed vegetables
- 1/4 cup sour cream
- salt and pepper to taste
- 32 oz bag frozen tater tots

1. In a large skillet brown ground beef, bacon, onion and garlic over medium heat until beef is no longer pink. Sprinkle the flour over the ground beef and stir well to combine. Stir in the milk, Worcestershire sauce and hot sauce. Cook for 2-3 minutes or until thickened. Remove from heat and stir in the cheddar, frozen vegetables and sour cream.
2. Spray the crock pot with non-stick spray. Place some tater tots in the bottom of the crock pot. Pour meat gravy over tater tots. Arrange remaining tater tots on top. Cover and cook on LOW for 3-3 1/2 hours. In the last 10 minutes of cooking sprinkle with extra cheddar if desired. Cover and finish cooking.



INSTANT POT

HAMBURGER HELPER

INGREDIENTS

- 1 Tbsp vegetable oil
- 1 lb ground beef
- 1/2 c. yellow onion diced
- 1 Tbsp garlic minced
- 1/2 tsp kosher salt
- 1/2 tsp ground black pepper
- 2 tsp Worcestershire sauce
- 2 Tbsp tomato paste
- 4 c. low sodium beef broth
- 2 1/2 c. shredded cheddar cheese
- 16 oz elbow macaroni dry

INSTRUCTIONS

1. Add vegetable oil to instant pot and set to saute.
2. Add ground beef and onion. Cook and crumble until ground beef is cooked is almost cooked through, about 5 minutes.
3. Add garlic, Worcestershire sauce, tomato paste, salt and pepper to pot. Cook for an additional 2 minutes.
4. Pour in 1/4 c. of beef broth and scrape the bottom of the pot to release any pieces of beef that may be stuck to the bottom of the pot. This will prevent the burn indicator on the instant pot when pressure cooking.
5. Add the rest of the broth and macaroni. Stir and make sure the macaroni is submerged into the broth.
6. Lock the lid, seal the valve and set the pressure cooking time to 5 minutes.
7. When instant pot is done cooking, quick release the steam valve. Stir in the cheese until completely melted and combined.



EASY PREP

HAMBURGER & ZUCCHINI SKILLET

INGREDIENTS

- 1 lb ground beef
- 1 medium yellow onion chopped
- 1 small green pepper seeded and chopped
- 3 cloves garlic minced
- 2 tsp chili powder
- 3/4 tsp salt
- 1/3 tsp pepper
- 3 medium zucchini cubed
- 2 large tomatoes seeded and diced
- 1/4 c. water
- 1 c. uncooked instant brown rice
- 1 c. shredded colby jack cheese

INSTRUCTIONS

1. Cook ground beef with onion and pepper in a large skillet over medium-high heat until not longer pink, about 5-7 minutes; drain.
2. Stir in seasonings, vegetables, water and rice; bring to a boil. Reduce heat, cover and simmer until rice is tender, about 10-15 minutes. Sprinkle with cheese. Remove from heat; let stand until cheese is melted.



CHEESY CHICKEN STUFFING CASSEROLE

INGREDIENTS

- 10.75 oz can cream of chicken soup
- ½ cup milk
- 1 8 oz package Mozzarella cheese slices
- 2 cups dry stuffing mix
- ½ cup butter melted
- 1 pound boneless skinless chicken breasts

INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit. Spray a square baking dish and set aside.
2. In a medium sized mixing bowl mix together milk and cream of chicken soup.
3. Place chicken breasts in prepared glass baking dish. Pour chicken soup mixture over chicken breasts. Layer cheese on top and then sprinkle stuffing over the cheese. Pour butter over the stuffing mix.
4. Bake for 1 hour or until chicken is cooked through and stuffing is golden brown.



PARMESAN CRUSTED **PORK CHOPS**

INSTRUCTIONS

1. Preheat oven to 450 degrees.
2. Mix Parmesan cheese, breadcrumbs, paprika, parsley, garlic powder and pepper together in a pie plate.
3. Put olive oil in a frying pan and heat on medium-high. Swirl the pan to coat.
4. Dip each pork chop in the bread crumb mixture. Pat to make it stick if needed.
5. Add pork chops to pan and saute for 2 minutes on each side until golden brown. Place in a glass baking dish or leave it in the pan if it is oven safe.
6. Place pork chops in preheated oven for 8-10 minutes or until internal temp reaches 145 degrees. Remove from oven and let rest for 5 minutes.

INGREDIENTS

- 4 boneless pork chops
- 1/4 c. Parmesan cheese grated
- 2 Tbsp Italian seasoned breadcrumbs
- 1/4 tsp smoked paprika
- 1 tsp dried parsley
- 1/2 tsp garlic powder
- 1/4 tsp fresh ground pepper
- 2 Tbsp olive oil



CHICKEN ALFREDO

STUFFED SHELLS

INGREDIENTS

- 30 Large Pasta Shells
- 1 lb boneless skinless chicken breasts cooked and shredded
- 1 1/2 c. cottage cheese
- 1 c. freshly grated Mozzarella Cheese
- 1/2 c. shredded Parmesan Cheese
- 1/2 c. shredded Romano Cheese
- 1 egg beaten
- 1/2 tsp pepper
- 1/2 tsp salt
- 15 oz jar garlic Alfredo sauce
- Fresh parsley for garnish if desired

INSTRUCTIONS

- Preheat oven to 350 degrees. Spray a 9 x 13 inch baking dish with non-stick cooking spray.
- Prepare shells to al dente according to package directions. Drain water from shells, pat dry with paper towels.
- In a large bowl combine Mozzarella, Parmesan and Romano cheese. Remove 1/2 c. for topping. Add cottage cheese, egg, pepper and salt. Stir until well combined. Add chicken and stir until completely combined.
- Spoon 1 c. Alfredo sauce on the bottom of the prepared pan. Stuff shells with chicken mixture either using a spoon or a small scoop. Arrange in prepared pan in single layer. Spoon remaining Alfredo sauce over shells. Sprinkle with reserved cheese.
- Bake in preheated oven for 20 minutes or until cheese is lightly browned and bubbly.
- Garnish with parsley.



CHEESY HASH BROWN

CHICKEN CASSEROLE

INSTRUCTIONS

1. Preheat oven to 400 degrees. In a large bowl mix together hash browns, cheese, salt, pepper, sour cream, cream of chicken soup, milk, and chicken. Place in the bottom of a lightly greased 9x13" pan.
2. In a small mixing bowl mix together corn flakes and butter. Sprinkle over hash brown mixture.
3. Bake for 1 hour or until top is golden brown.

INGREDIENTS

- 2 20 oz bags Simply Potatoes® Shredded Hash Browns
- 2 c. shredded Colby Jack Cheese
- 1 tsp salt
- 3/4 tsp pepper
- 2 c. sour cream
- 10.5 oz can cream of chicken soup
- 1/3 c. milk
- 1 lb cooked shredded chicken
- 2 c. crushed corn flakes
- 3 Tbsp butter melted



CROCK POT SPAGHETTI

INSTRUCTIONS

1. Brown Italian sausage in medium skillet. Season with salt, pepper and garlic salt. Drain grease and set sausage aside.
2. Pour one jar of pasta sauce on the bottom of your crock pot. Break spaghetti noodles in half and place on top of sauce. Put sausage on top of noodles. Sprinkle with Parmesan cheese.
3. Cut cream cheese into little chunks and put in crock pot on top of Parmesan cheese. Pour another jar of pasta sauce over the cream cheese.
4. Cover slow cooker and cook on high for 3 hours, stirring a few times throughout cooking time.
5. After three hours stir spaghetti mixture. Pour last jar of pasta sauce and chicken broth into crock pot. Replace lid and cook on low for one hour.

INGREDIENTS

- 1 pound Italian sausage
- ½ teaspoon salt
- ½ teaspoon ground pepper
- ½ teaspoon garlic salt
- 3 jars of pasta sauce (24 ounce each)
- 1 pound spaghetti noodles
- ½ cup Parmesan cheese grated or powder
- 4 ounces fat free cream cheese
- 14.5 oz can chicken broth low sodium



SHEET PAN VEGGIES & **PARMESAN PORK CHOPS**

INSTRUCTIONS

1. Preheat oven to 400 degrees. Spray baking sheet with non-stick cooking spray.
2. In a large mixing bowl combine the olive oil, thyme, garlic, pepper, salt and Parmesan cheese.
3. Brush about 1/2 of mixture on the top of the pork chops. Place pork chops on baking sheet.
4. Add the potatoes and green beans to the Parmesan mixture in the bowl and mix until combined. Place veggies on the baking sheet with pork chops.
5. Bake 20-22 minutes then broil for 3-4 minutes until the cheese is golden and the pork is completely cooked through - reaching an internal temperature between 145 degrees to 160 degrees F. Let rest 3 minutes.
6. Garnish with parsley and serve immediately.

INGREDIENTS

- 1 lb bone-in pork chops about 4-5 chops
- 16 oz baby red potatoes cut into 1" in pieces
- 16 oz green beans trimmed
- 2 Tbsp olive oil
- 1 tsp thyme
- 5 garlic cloves minced
- 1/4 tsp pepper
- 1/2 tsp salt
- 2/3 c. grated Parmesan cheese
- 2 Tbsp chopped fresh parsley leaves



INGREDIENTS

- 1 pizza dough
- 3 Tbsp butter *melted, divided*
- 2 cloves garlic *minced*
- 1 ½ c. shredded mozzarella *divided*
- 12 thin slices ham
- 15 slices salami
- 15-17 slices pepperoni
- 1 egg *beaten*
- ¼ tsp garlic powder
- 2 Tbsp Parmesan cheese
- 2 Tbsp chopped parsley
- Marinara sauce *for dipping*

EASY STROMBOLI

INSTRUCTIONS

1. Preheat oven to 375 degrees F.
2. Lightly flour your workplace. Roll pizza dough into a rectangle about 12 x 14 inches. You can also roll it out onto a piece of parchment paper so you can put the paper straight into the oven without transferring the dough to a pan.
3. In a small bowl combine melted 1 Tbsp melted butter and minced garlic. Brush over the top of dough.
4. Sprinkle ½ c. mozzarella cheese on top of dough, leaving a 1-2 inches around one of the long edges and the two short ends.
5. Top the cheese with ham. Sprinkle with the another ½ c. Mozzarella cheese on top of ham. Next, add the pieces of salami and pepperoni. Sprinkle the rest of the cheese on top of the pepperoni.
6. In a small bowl beat the egg with a fork. Use a brush to coat the 3 exposed edges of the dough (where you left the cheese off, think short, short, long).
7. Next, carefully roll up the long edge of your stromboli jelly roll style. Start with the long edge that DOES NOT have the egg wash. Roll it tightly so it stays together. Seal the seam with wet fingertips. Then roll the stromboli so the seam is facing down. You may need to tuck the sides of the dough under so it's sealed.
8. Transfer to baking sheet or pizza stone.
9. In a small bowl combine the remaining 2 Tbsp melted butter, garlic powder, parmesan cheese and chopped parsley. Brush the top of the stromboli with butter mixture. Using a sharp serrated knife make shallow diagonal cuts on top of stromboli every 2 inches.
10. Bake in preheated oven for 25-30 minutes or until the top is golden brown.
11. Remove from oven and let set 5 minutes. Using a serrated knife cut into 8 slices.
12. Serve with warm marinara sauce.



THE BEST HOMEMADE LASAGNA

INSTRUCTIONS

1. Preheat oven to 350 degrees. Grease a 9×13 inch pan.
2. In a large frying pan combine hamburger, onion, garlic, 1 Tbsp parsley flakes, garlic salt, oregano, tomato sauce and simmer 30 minutes.
3. Meanwhile in a large bowl combine cottage cheese, eggs, salt, 2 Tbsp parsley flakes and Parmesan cheese.
4. When the meat mixture is done simmering spread 1/2 c. of mixture on the bottom of prepared pan. Place three prepared noodles side by side on top of meat mixture so they don't overlap. Top with half of meat mixture, half of cottage cheese mixture then half of Mozzarella cheese. Repeat layer except leave off the Mozzarella cheese.
5. Bake for 45 minutes.
6. Remove from oven and top with remaining Mozzarella cheese.
7. Bake 10 more minutes or until cheese is melted.
8. Remove from oven and let stand for 10-15 minutes before serving.

INGREDIENTS

- 2 lbs lean ground beef browned
- 1 yellow onion minced
- 2 cloves garlic minced
- 3 Tbsp dried parsley flakes divided
- 1/2 tsp garlic salt
- 1/2 tsp oregano
- 4 cans tomato sauce 8 oz , each
- 6 lasagna noodles prepared
- 22 oz cottage cheese
- 2 eggs beaten
- 1 tsp salt
- 1/2 c. Parmesan cheese shredded
- 1 lb shredded Mozzarella



HAM & CHEESE STUFFED CHICKEN BREASTS

INGREDIENTS

Chicken Breasts

- 4 boneless skinless chicken breasts
- 1/4 lb ham sliced
- 8 slices cheese halved
- Salt and pepper to taste
- 1 1/2 Tbsp olive oil

Sauce

- 6 Tbsp butter
- 1/3 c. chicken broth
- 3 garlic cloves minced
- 1 tsp all-purpose flour
- 2 tsp lemon juice fresh
- Salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 375°F at step 5.
2. Lightly beat chicken breast with a meat mallet. Season both sides of chicken with salt and pepper, to taste.
3. Create opening in chicken to create a pocket. Add two halves of cheese, ham and two more halved slices, tucking ingredients into the pocket. Gently secure with toothpicks.
4. Heat oil over medium heat in large oven safe skillet. Carefully add chicken and cook 6 minutes on both sides (until chicken is golden and crispy). Remove chicken.
5. In the same skillet, add butter and garlic. Saute for a minute, stirring frequently. Add flour, mix vigorously. Add chicken broth, lemon juice and lightly season with salt and pepper, while whisking continuously. Simmer another minute until sauce begins to thicken.
6. Add chicken back to the skillet. Pour sauce over chicken.
7. Cover skillet with foil and bake 15-20 minutes until chicken is fully cooked.



MEATBALL SUB CASSEROLE

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Arrange bread slices in a single layer in an ungreased 9×13 baking dish. Fill in gaps with smaller chunks of bread.
3. In a bowl, combine cream cheese, mayonnaise and seasonings. Spread mixture over bread slices. Sprinkle with 1/2 c. shredded mozzarella cheese.
4. Gently mix together spaghetti sauce and meatballs. Spoon over cheese. Sprinkle with remaining cheese.
5. Bake uncovered for 30-35 minutes.

INGREDIENTS

- 1 loaf french bread cut into 1 in thick slices, toasted
- 8 oz cream cheese softened
- 1/2 c. mayonnaise
- 1 tsp Italian seasoning
- 1/4 tsp pepper
- 2 c. shredded mozzarella cheese divided
- 1 lb package fully cooked frozen meatballs thawed
- 1 jar pasta sauce 28 oz



CROCK POT **CHICKEN TACOS**

INSTRUCTIONS

1. Place chicken breasts in the bottom of a greased slow cooker.
2. Sprinkle taco seasoning on top of chicken breasts.
3. Pour salsa over the top.
4. Cook on low for 6-8 hours or high for 4 hours.
5. When the chicken is done cooking shred with two forks or bear claws in crock pot. Stir to mix all ingredients together.
6. Serve on corn or soft shell tortillas and top with favorite taco toppings.

INGREDIENTS

- 4 Boneless skinless chicken breasts
- 1.25 oz packet low-sodium taco seasoning
- 16 oz jar salsa
- Taco Toppings: Corn or Soft Shell Tortillas

TOPPINGS

- shredded lettuce,
- diced tomatoes or pico de gallo
- shredded cheese
- chopped avocados or guacamole
- sour cream
- hot sauce
- cilantro for garnish



GARLIC BAKED PORK CHOPS

INSTRUCTIONS

1. Mix together olive oil, garlic powder, pepper and salt in a ziploc bag. Add pork chops and mix until they are covered. Squeeze as much air out of bag and seal. Marinate in refrigerator at least 3 hours and up to overnight.
2. When ready to make pork chops preheat oven to 400 degrees F.
3. Heat cast iron pan (or oven safe heavy pan) on medium high until very hot. Add butter to pan. When butter is completely melted and foamy add pork chops to pan. Do not crowd pork chops.
4. Cook about 3 minutes or until browned on one side. Flip and repeat on other side. When you flip the pork chops add minced garlic. Spoon garlic butter pork chops as they cook.
5. When pork chops are browned on both sides, transfer to oven and cook until internal temperature reaches 145 degrees F about 20-25 minutes. Do not over cook.
6. Let pork chops rest 5-10 minutes before enjoying.
7. Garnish with parsley before serving

INGREDIENTS

- 2 Tbsp olive oil
- 1 Tbsp garlic powder
- 1/2 tsp ground pepper
- 1 tsp salt
- 4 Butcher Box boneless pork chops 1/2" - 1" thick
- 3 Tbsp butter
- 10 cloves garlic *minced*
- 1 Tbsp fresh parsley *chopped*



CROCK POT BEEF STEW

INSTRUCTIONS

1. In a gallon size zip lock bag mix together flour, salt and pepper. Dump in the meat and shake until coated. Place in crock pot.
2. Stir in the rest of the ingredients.
3. Cover and cook on low for 8-10 hours.

INGREDIENTS

- 2 lbs beef stew meat cut into 1 in cubes
- 1/4 c. all purpose flour
- 1 tsp salt
- 1/2 tsp pepper
- 3 clove garlic minced
- 1 tsp paprika
- 2 Tbsp Worcestershire sauce
- 2 1/2 c. beef broth
- 8 oz tomato sauce
- 1 yellow onion diced
- 3 potatoes diced
- 4 carrots sliced



CROCK POT

CHICKEN AND RICE

INGREDIENTS

- 1 whole chicken, any inside parts removed
- 1/2 tsp dried oregano
- 1/4 tsp garlic powder
- 1/4 tsp cayenne powder
- Salt and Pepper

Sauce And Rice:

- 2 (10 oz each) can condensed cream of chicken soup
- 1 (10 oz) can condensed cream of cheddar soup (or another can of cream of chicken soup)
- 2 c. instant rice
- 1 c. chicken broth
- 1 tsp dried oregano
- 1 medium sized onion, diced

INSTRUCTIONS

1. Combine all the sauce and rice ingredients into a 6-quart slow cooker. Mix until combined. Place whole chicken on top and season with salt, pepper, garlic powder, cayenne, and oregano.
2. Cover and cook on low for 4-5 hours, or until chicken reaches 160F.
3. If desired, move chicken to an over safe pan and broil chicken until skin is nice and crispy.



INSTANT POT

CHICKEN ALFREDO

INGREDIENTS

- 1 tsp olive oil
- 1/4 tsp pepper
- 1 lb boneless skinless chicken breasts
- 2 tsp garlic minced
- 8 oz fettuccine noodles broken into thirds
- 15 oz jar garlic Alfredo sauce
- 2 c. water

INSTRUCTIONS

1. Add olive oil to instant pot. Turn instant pot on to saute function. Season chicken with pepper, then place chicken in pan when the oil is hot. Brown chicken on both sides, about 2-3 minutes per side. Remove from Instant Pot and set aside until later.
2. Add garlic to pot and cook for about 1 minute. Add water and deglaze the bottom of the pot, scraping off any browned bits from the bottom of the pot to avoid the burn message.
3. Add chicken breast back to pot. Then the fettuccine noodles broken in thirds. Then pour Alfredo sauce over the top. Try to make sure the noodles are covered.
4. Place lid on Instant Pot making sure valve is turned to the sealed position. Then turn to high pressure for 8 minutes and let cook.
5. When done cooking quick release pressure (I cover with a towel because the release valve can spray starchy water when cooking pasta). Let sit 5-10 minutes for sauce to thicken. Remove chicken during this time and slice. Add back in and stir. Serve.



CROCK POT CHILI MAC

INSTRUCTIONS

1. Cook beef and onion over medium heat until meat is no longer pink; drain.
2. Place in slow cooker. Stir in the tomato juice, tomatoes, celery, brown sugar, chili powder, salt, mustard, pepper and kidney beans.
3. Cook on low 6-8 hours.
4. One hour before the dish is done add pasta and let cook for the last hour.

INGREDIENTS

- 2 lbs ground beef
- 1 medium onion chopped
- 46 oz tomato juice can (1 can)
- 28 oz diced tomatoes (1 can)
- 3 celery ribs chopped
- 3 Tbsp brown sugar
- 2 Tbsp chili powder
- 1 tsp salt
- 1 tsp prepared mustard
- 1/4 tsp pepper
- 16 oz kidney beans rinsed and drained (1 can)
- 1 c. uncooked elbow macaroni



CROCK POT

HOT HAM & CHEESE SANDWICHES

INGREDIENTS

- 3 lb ham sliced
- 1/2 c. butter
- 8 ounces Velveeta cubed
- 5 ounces evaporated milk
- 2 Tbsp flour
- 2 dozen buns

INSTRUCTIONS

1. Melt butter, Velveeta and evaporated milk in a saucepan. Stir until mixed. Add flour and mix until combined.
2. Layer ham and cheese mixture in crock-pot.
3. Heat on low 3-4 hours or until hot and bubbly.



CROCK POT

HAMBURGER WILD RICE CASSEROLE

INGREDIENTS

- 1 1/2 lb ground beef
- 1 small onion diced
- 1 1/2 c. celery chopped
- 3 Tbsp butter
- 6 oz box Uncle Ben's Long Grain Wild Rice Original Recipe
- 2 Tbsp soy sauce
- 10.5 oz can cream of mushroom soup
- 1 c. water
- 10.5 oz can chicken with rice soup
- 8 oz can pieces and stems mushroom

INSTRUCTIONS

1. Brown hamburger, onion, celery and butter. Drain off fat.
2. Add the rest of the ingredients to the hamburger mixture.
3. Cook for 4 hours on low in the crock pot.



DELICIOUS CALZONES

INSTRUCTIONS

1. Preheat oven to 425 degrees F. Coat a sheet pan with cookie spray and set aside.
2. Divide the pizza dough into 4 pieces. Turn dough onto a lightly floured surface, shape into balls and then roll into $\frac{3}{4}$ inch thick ovals.
3. Spoon pizza sauce onto one side of the oval. Top with cheese, canadian bacon, pepperoni and sausage. Fold dough in half; dampen seams with water and pinch together then crimp edges all around. Transfer to prepared baking sheets.
4. In a small bowl combine butter, garlic powder and parsley. Brush the tops of the calzones with mixture. Using a serrated knife, slit the tops of the calzones in 2 to 3 spots to create steam vents.
5. Place baking sheet in preheated oven and baking 15-17 minutes or until the tops are golden brown.
6. Remove from oven. Let cool 5 minutes before cutting open.

INGREDIENTS

- 1 pizza dough store-bought or homemade, about 2 lbs
- 1 c. pizza sauce
- 2 c. mozzarella cheese shredded
- $\frac{1}{2}$ c. diced canadian bacon or ham
- $\frac{1}{2}$ c pepperoni
- $\frac{1}{2}$ c. sausage cooked and crumbled
- 2 Tbsp butter melted
- $\frac{1}{2}$ tsp garlic powder
- 1 Tbsp chopped parsley



CREAMY CHICKEN ENCHILADAS

INGREDIENTS

- 4 oz cream cheese softened
- 1 Tbsp water
- 1 tsp onion powder
- 1 tsp ground cumin
- 1/4 tsp salt
- 1/8 tsp pepper
- 2 1/2 c diced cooked chicken
- 10 flour tortillas 6 inches, room temperature
- 1 can cream of chicken soup 10 3/4 oz
- 1 c. sour cream
- 1 can chopped green chilies 4 oz
- 1 c. shredded cheddar cheese

INSTRUCTIONS

1. In a large mixing bowl, beat the cream cheese, water, onion powder, cumin, salt and pepper until smooth. Stir in chicken.
2. Place 1/4 cup of the chicken mixture down the center of each tortilla. Roll up and place seam side down in a greased 13 in x 9 in baking dish.
3. In a bowl, combine the soup, sour cream, and chilies, pour over enchiladas.
4. Bake, uncovered, at 350 degrees for 30-40 minutes or until heated through. Sprinkle with cheddar cheese, bake 5 minutes longer or until cheese is melted



CROCK POT **PULLED PORK**

INGREDIENTS

- 4 lbs boneless pork shoulder or pork loin
- 1/4 tsp freshly ground black pepper
- 1/4 tsp salt
- 2 c. water
- 1 Tbsp hickory-flavored smoke
- 2 c. barbecue sauce

INSTRUCTIONS

1. Rinse the pork shoulder and pat dry. Rub salt and pepper over the pork and place in a crock-pot.
2. Add water and liquid smoke. Cook on low setting for 8 to 10 hours, until the pork is very tender.
3. Remove the pork from the crock-pot and discard the remaining liquid. Shred the pork using a couple of forks.
4. Place the meat back in the crock-pot along with the barbecue sauce and continue to cook for another 20-30 minutes until the pork is hot again. Serve on buns with extra barbecue sauce.



CROCK POT

MEATLOAF AND VEGGIES

INGREDIENTS

- 1 lb JENNIE-O® Turkey
- 2 eggs
- 1 c. Panko Bread Crumbs
- 1/2 c. ketchup + plus more to top meatloaf
- 1/2 c. chopped onion
- 1 1/2 tsp salt divided
- 1/2 tsp pepper
- 1 Tbsp olive oil
- 1 lb baby carrots
- 1 1/2 lb potatoes cleaned and diced

INSTRUCTIONS

1. Spray inside of crock pot with non-stick cooking spray.
2. In a large bowl mix together turkey, eggs, bread crumbs, ketchup, onion, 1 tsp salt and pepper. Form a loaf and place inside the slow cooker, making sure the meatloaf is not touching the sides.
3. In a bowl mix together the carrots, potatoes, 1/2 tsp salt and olive oil. Place around the meatloaf in crock pot. Top meatloaf with ketchup if desired.
4. Cook on high 4 hours or low 7-8 hours or until veggies are cooked through and meatloaf's internal temperature is 165 degrees.



CHICKEN POT PIE CASSEROLE

INGREDIENTS

- ½ cup mayonnaise
- 2 Tablespoon all-purpose flour
- 1 teaspoon chicken bouillon granules
- ½ teaspoon pepper
- ¾ cup milk
- 10 ounces mixed vegetables, thawed
- 1 ½ cups cubed cooked chicken breast or rotisserie chicken
- 8 ounces refrigerated crescent rolls

INSTRUCTIONS

1. Preheat oven to 375 degrees Fahrenheit.
2. In a saucepan, whisk first four ingredients until smooth. Gradually stir in milk. Bring mixture to a boil over medium heat. Cook and stir until thickened, about 2 minutes.
3. Add vegetables and chicken to mixture; cook and stir until heated through. Transfer to greased 8 x 8 inch baking dish.
4. Unroll crescent roll dough and separate into eight triangles. Arrange the crescent rolls over chicken mixture in baking dish. Bake until heated through and crescent topping is golden brown about 15-20 minutes.