



Easy lunch and weekend meals

SOUP & SANDWICHES

Julie's
EATS & TREATS



Hi! I'm Julie and I'm so happy to have you here! This Ebook is packed full of my favorite soup and sandwich recipes that are perfect for lunch or an easy dinner. They are family friendly and so easy to make, plus delicious. They also make the perfect leftover option for lunches for you or your kids to pack for school. I hope these easy recipes help you beat the back to school stress and chaos that comes with it. Make sure to visit Julie's Eats & Treats for more easy and delicious recipes that will be hits with your family!

Enjoy,
Julie



SOUP RECIPES





CHEESY BACON POTATO SOUP

INGREDIENTS

- 8 cups yukon gold potatoes peeled and cubed into 1" pieces
- 1 yellow onion minced
- 2 cups carrots peeled and diced
- 12 cups hot water
- 12 chicken bouillon cubes
- 1 ½ cups butter
- 1 ½ cups flour
- 15 ounces jar Cheese Whiz
- 3 ounces Real Bacon Bits

INSTRUCTIONS

1. Peel and chop the vegetables. Place potatoes, carrots and onion in a LARGE pot filled with water. Bring to a boil and cook until crisp tender, about 8 minutes. When they are done pour them into a strainer and drain water.
2. In your large pot melt the butter over medium heat. When the butter has melted, add your flour. Whisk until it is a silky smooth mixture.
3. Add your 12 cups hot water to butter mixture and whisk to combine. Then add the bullion cubes. Stir the mixture until it starts to thicken up and bullion cubes have dissolved about 5-10 minutes.
4. When the soup has thickened add the jar of cheese whiz. Stir to incorporate. Add your cooked veggies and bacon pieces after the cheese has melted.



CREAMY CLAM CHOWDER

INSTRUCTIONS

1. In a large pot or Dutch oven, bring water and bouillon cubes to a boil. Add diced potatoes and cook for about 10 minutes until fork tender. Drain and set potatoes aside. Rinse and dry the pot for the next step.
2. Over medium heat, add bacon and onions to the pot, cook until bacon is crispy, and onions are translucent, about 8 minutes.
3. Add the butter to the pot. Once it is melted add the flour, stirring constantly, until smooth, about 2-3 minutes. Add the milk one cup at a time, thoroughly stirring until incorporated. Allow liquid to come to a boil until thick and bubbly, and then reduce the heat to a simmer.
4. Add potatoes and clams with their liquid to the pot. Add salt and pepper to taste. Serve and enjoy!

INGREDIENTS

- 4 cups water
- 2 chicken bouillon cubes
- 5 medium Yukon gold potatoes unpeeled, diced (about 1 ½ pounds)
- 2 cans chopped clams with their juice 6.5 oz each
- 4 slices bacon chopped
- ¾ cup chopped yellow onion
- 3 Tablespoons unsalted butter
- 1/3 cup all-purpose flour
- 4 cups whole milk
- Salt and pepper to taste
- 2 Tablespoons chopped parsley for garnish optional
- Crusty bread for serving



INSTANT POT POTATO SOUP

INGREDIENTS

- 30 ounces cubed frozen hash brown potatoes
- 3 ½ cups low sodium chicken broth
- 10.75 ounce can cream of chicken soup
- ½ cup chopped yellow onion
- ½ teaspoon ground black pepper
- 1 teaspoon garlic powder
- 8 ounces cream cheese softened and diced
- Optional toppings: Cooked and crumbled bacon, shredded cheddar cheese, sliced green onions

INSTRUCTIONS

1. In the insert pot of an Instant Pot, add frozen hash brown potatoes, chicken broth, cream of chicken soup, yellow onion, black pepper and garlic powder.
2. Close the lid and set the vent to the sealed position.
3. Select a 10 minute cook time at high pressure using the Manual/Pressure Cook setting.
4. When the cook time has completed, perform a quick release of pressure.
5. Once pressure has released and the valve has dropped, carefully remove the lid.
6. Add cubed cream cheese to the insert pot, stirring for a few minutes to allow it to melt. If needed, use the back of a spoon to smash any larger clumps of cream cheese so they will melt easily.
7. Garnish with bacon crumbles, shredded cheese and green onions.



CROCK POT POTATO SOUP

INSTRUCTIONS

1. In a crock pot combine potatoes, chicken broth, bacon, soup, onion, pepper and garlic powder.
2. Cover and cook on low for 4-5 hours or until potatoes are cooked through.
3. Add the diced cream cheese to the slow cooker and cook for 15-20 minutes or until cream cheese is melted and combined.
4. Serve immediately. Top with shredded cheddar cheese, cooked and crumbled bacon, sliced green onions if desired.

INGREDIENTS

- 30 ounces cubed hash brown potatoes
- 3 ½ cups low sodium chicken broth
- 6 slices bacon cooked and crumbled
- 10.75 ounces cream of chicken soup
- ½ cup chopped yellow onion
- ½ teaspoon ground black pepper
- 1 teaspoon garlic powder
- 8 ounces cream cheese softened and diced
- Optional toppings: Shredded cheddar cheese, cooked and crumbled bacon, sliced green



CROCK POT

CREAMY TORTELLINI SOUP

INGREDIENTS

- 1 pound Italian sausage
- 1 Tablespoon olive oil
- 1 cup onion diced
- 1 Tablespoon minced garlic
- 3 large carrots sliced thin
- 2 celery stalks sliced thin
- 1 14 ounce can crushed tomatoes
- 2 Tablespoons tomato paste
- 1 sprig fresh thyme leaves removed and minced finely or 1/2 teaspoon dried 1/2 teaspoon dried oregano
- 2 cups chicken broth
- 1 10 ounce bag refrigerated tortellini not dried
- 1 bunch fresh kale stems removed and chopped lightly or 1/2 bag frozen chopped kale
- 1 cup heavy cream
- Parmesan cheese optional (grated or sliced for serving)
- 1 Tablespoon dried chili flakes

INSTRUCTIONS

1. In a sauté pan, cook the sausage till it is no longer pink, then place in the crock pot.
2. Add the olive oil to the pan and cook the onions for 4 minutes, then add the garlic and cook for an additional minute or until fragrant. Add the onions to the crockpot.
3. Next, add the carrots, celery, crushed tomatoes, tomato paste, thyme, oregano and chicken broth to the crockpot.
4. Place the lid on the crockpot and set on high for 2 hours or low for 4.
5. Remove the lid and add the tortellini and kale to the crockpot. Place the lid back on and cook for an additional 30 minutes.
6. Add heavy cream and cook for another 10 minutes.
7. Serve each bowl of soup with a few thin slices of parmesan and a sprinkle of chili flakes.



CREAMY CHICKEN WILD RICE SOUP

INGREDIENTS

- ½ c. butter
- 1 medium onion chopped
- 1 carrot peeled and finely chopped
- 1 celery rib finely chopped
- ½ c. chopped mushrooms
- ½ c. all-purpose flour
- 3 c. low sodium chicken broth
- 2 c. cooked wild rice
- 2 c. shredded cooked chicken
- ½ tsp garlic powder
- ½ tsp salt
- 2 c. half and half
- Parsley for garnish

INSTRUCTIONS

1. In a large dutch oven melt butter. Stir in onion, carrot, celery and mushrooms. Saute vegetables in butter for about 5-7 minutes or until they are tender.
2. Slowly add flour stirring as you add it so it does not clump together. Gradually whisk in broth. Cook, stirring constantly until mixture comes to a boil. Boil for 1 minute.
3. Next, stir in prepared wild rice, chicken, garlic powder, and salt. Simmer for 5 minutes.
4. Slowly blend in half and half; heat to serving temperature for about 10 minutes. Garnish with parsley and serve.



TOMATO TORTELLINI SOUP

INSTRUCTIONS

1. In a saucepan combine the tomato soup, diced tomatoes and heavy cream. Simmer for 20 minutes.
2. Add in Tortellini and simmer for an additional 5 minutes or until tortellini is tender and cooked through.
3. Stir in Parmesan cheese. Serve immediately.

INGREDIENTS

- 32 oz Imagine Creamy Tomato Soup
- 14.5 oz Great Value Italian Diced Tomatoes
- 1/2 c. Great Value heavy cream
- 19 oz Great Value Frozen Cheese Tortellini
- 1/4 c. shredded Parmesan cheese
- chopped fresh parsley for garnish optional



CROCK POT ZUPPA TOSCANA

INGREDIENTS

- 1 lb Spicy Italian Sausage (mild can be substituted)
- 1 Tbsp olive oil
- 1 yellow onion peeled and minced
- 3 garlic cloves minced
- 6 sliced bacon cooked and crumbled
- 4 large Yukon gold potatoes peeled and diced into 1/2 inch pieces, Russets can be substituted
- 4 c. low sodium chicken broth
- 1 tsp salt
- 1/2 tsp pepper
- 3 c. chopped kale
- 2 Tbsp. all-purpose flour corn starch can be substituted
- 1 c. heavy cream

INSTRUCTIONS

1. Heat olive oil over medium-high heat in skillet. Add sausage and cook with garlic and onions crumbling as it cooks. Drain off excess grease when sausage is cooked through. Remove to a plate.
2. Cook bacon in same skillet until crisp. Remove and chop into small pieces.
3. Combine all ingredients except kale, flour and heavy cream in 6 quart slow cooker. Cook on low 5-6 hours or high 3-4 hours or until potatoes test done.
4. When the soup is 30 minutes away from being down whisk together heavy cream and flour in small bowl. Pour into slow cooker along with kale and stir to combine. Cook on HIGH 30 minutes or until soup has thickened slightly.



EASY ONE POT CHICKEN & RICE SOUP

INSTRUCTIONS

1. In a large dutch oven or pot, heat oil over medium-high heat on the stove top. Add onion, carrots and celery to dutch oven. Cook and stir for 4-5 minutes, or until the onion begins to turn golden brown.
2. Add garlic, parsley and thyme to dutch oven, cook for 1 minutes.
3. Add the salt and pepper, broth, chicken breasts and rice to dutch oven. Stir to combine. Bring to a boil over medium-high heat.
4. Reduce heat to simmer, cover and cook for 18-20 minutes, stirring through cooking time. The rice and vegetables should be tender and the internal temperature of the chicken breasts should be 165 degrees F.
5. Remove chicken from pot and shred. Add back to the pot and stir in evaporated milk.

INGREDIENTS

- 1 Tbsp olive oil
- 1 onion finely minced
- 3 large carrots peeled and diced
- 2 stalks celery diced
- 1 tsp garlic minced
- 1 tsp dried parsley
- ½ tsp dried thyme
- 1 tsp salt
- ¼ tsp black pepper
- 6 c. low sodium chicken broth
- 2 chicken breasts about 1 lb
- 1 c. white rice
- 1 c. evaporated milk



FRENCH ONION

INGREDIENTS

- 3 large onions yellow, white, sweet or a combination
- 4 Tbsp salted butter
- 1/8 tsp baking soda
- 1 loaf French bread or baguette
- 8 oz Muenster Swiss or Gruyere cheese, thinly sliced or shredded
- 2 cloves garlic minced
- 3 Tbsp flour
- 1/2 tsp granulated sugar
- 1 tsp red wine vinegar or more to taste
- 1 tsp dried thyme
- 1/2 tsp dried sage
- 1/2 tsp dried rosemary
- 1/2 tsp dried marjoram
- 1/2 tsp salt
- 1/4 tsp Pepper
- 1 Bay leaf
- 7 c. beef broth

INSTRUCTIONS

1. Peel and cut the onions in half lengthwise, then into thin slices, lengthwise (No thinner than 1/8 inch thick).
2. Put the butter in a dutch oven or pot and start to melt it over medium heat.
3. Put the onions in the pan, stir them up with the butter, and sprinkle the baking soda over the top. (This is to help with the caramelization process. Don't use more than this).

4. Let the onions cook for 40-50 minutes, stirring occasionally, about every 10 minutes. Cut any large pieces smaller and cook until tender. (If the onions look like they might burn, turn the heat down and add a couple tablespoons of water, then continue). The onions should be reduced, soft, and golden brown. You may need to stir more frequently towards the end of the caramelization process so that they bottom doesn't burn.
5. Cut the French bread or baguette into 1½-inch slices, prepare the cheese, and mince the garlic. Set aside.
6. Mix the flour with the sugar.
7. Once the onions are browned and all are very soft, stir in the minced garlic and sauté with the onions for about a minute,
8. stirring constantly.
9. Stir the flour, thyme, sage, rosemary, marjoram, salt, and pepper mixture into the onions.
10. Pour a cup of beef broth over the onions, scraping up the browned bits stuck on the bottom of the pan.
11. Add the rest of the beef broth, sugar, red wine vinegar, and the bay leaf.
12. Bring soup to a boil. Once boiling, turn down heat and simmer on low, uncovered, for another 15 minutes.
13. Meanwhile, put the bread or baguette slices under the broiler, in the top 1/3rd of the oven, for about a minute on each side, until well-toasted on each side.
14. When the soup is done simmering, remove the bay leaf, and adjust the seasonings to taste.
15. Ladle the soup into each bowl or ramekin until each bowl is 3/4ths full.
16. Place a piece of toasted French bread or baguette on top of the soup.
17. Sprinkle the bread generously with shredded cheese or 1-2 slices of cheese per bowl, and place the bowls under the broiler. Broil until the cheese is golden brown, one or two minutes, watching carefully so it doesn't burn.
18. Serve immediately.



HEARTY STUFFED PEPPER

INSTRUCTIONS

1. Heat oil in Dutch oven or large pot. Add ground beef, salt, and pepper and cook until almost done.
2. Add diced onion and cook until soft. Add peppers and cook over medium-high heat until soft, about 5-8 minutes.
3. Add brown sugar, Italian seasoning, and garlic, continue stirring and cook 1 minute. Then add the tomato sauce, diced tomatoes, and beef broth, stir until well combined.
4. Bring mixture to a boil and then reduce to simmer and cover. Cook for 45-60 minutes or until heated through and flavors have had a chance to blend well.
5. Stir in cooked rice and serve immediately.

INGREDIENTS

- 1 Tbsp olive oil
- 2 lb lean ground beef
- Salt and pepper to taste
- 1 small diced – yellow or white, about 1 cup
- 1 large green bell pepper cleaned and chopped
- 1 large red bell pepper cleaned and chopped
- ¼ c. brown sugar
- 2 tsp Italian seasoning
- 2 cloves garlic minced
- 15 oz tomato sauce
- 28 oz diced tomatoes, undrained
- 2 c. beef broth
- 2 c. cooked rice white or brown



CLASSIC COMFORT

CHICKEN NOODLE

INSTRUCTIONS

1. In a large dutch oven melt butter. Stir in onion, carrot, and celery. Saute vegetables in butter for about 7 minutes or until they are tender.
2. Whisk in broth. Add bay leaves, garlic powder and salt. Bring to a boil and add chicken and egg noodles. Return to a boil and reduce to simmer. Cook for 8-10 minutes or until egg noodles are al dente.
3. Remove bay leaves and serve.

INGREDIENTS

- 1/4 c. butter
- 1 medium onion chopped
- 2 carrots peeled and finely chopped
- 2 celery ribs finely chopped
- 8 c. low sodium chicken broth
- 2 bay leaves
- 2 c. cooked and shredded chicken
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 3 c. dry egg noodles
- Parsley for garnish



INSTANT POT CHICKEN WILD RICE

INGREDIENTS

- ¼ c. butter
- 1 medium onion chopped finely
- 2 carrots peeled and finely chopped
- 2 celery ribs finely chopped
- ½ c. chopped mushrooms
- 4 garlic cloves minced
- 4 c. low sodium chicken broth divided
- 1 c. wild rice raw
- 2 chicken boneless skinless chicken breasts about 1 lb
- ½ tsp pepper
- ½ tsp salt
- 2 Tbsp flour
- 2 c. half and half

INSTRUCTIONS

1. Turn on the instant pot to the Saute function. Place butter in the pot and melt. Add the onions, chopped carrots, celery, mushrooms and garlic. Saute ingredients until mostly done, about 3-4 minutes.
2. When done sauteing, add in 3 ½ c. of chicken broth, wild rice, chicken breasts, pepper and salt and stir, making sure chicken breasts are submerged into broth.
3. Put the lid on the Instant Pot making sure the steam release knob is in the sealing position. Cancel the saute setting and then press the Manual button setting it to 45 minutes on high pressure.
4. When the cooking cycle is finished do a quick release of the pressure.
5. In a small bowl whisk together the remaining ½ c. chicken broth and 2 Tbsp of flour until smooth. Slowly stir it into the soup mixture along with the half and half.
6. Remove the chicken from the soup, shred and return it to the soup. By this time the soup should have thickened from the flour. If you want it thicker you can turn the saute function on and let it cook for 3-4 minutes or until desired thickness. Make sure to stir it occasionally so it doesn't scorch.



QUICK AND EASY LASAGNA SOUP

INSTRUCTIONS

1. Brown and drain the grease off the hamburger in a large stock pot. Return to the pot.
2. Add tomatoes, pasta sauce, broth, water and Italian seasoning to the hamburger. Bring to a boil. Reduce heat and simmer for 15 minutes.
3. Stir in cooked pasta and simmer 5 minutes.
4. Serve with mozzarella cheese sprinkled on top.

INGREDIENTS

- 1 lb ground beef
- 2 cans Garlic Roasted diced tomatoes. undrained 14.5 oz each
- 1 jar spaghetti sauce 24 oz
- 2 c. beef broth
- 1 c. water
- 1 tsp Italian Seasoning
- 3 c. mafalda pasta cook to al dente
- 1 c. shredded mozzarella cheese



LOADED CHEESEBURGER SOUP

INGREDIENTS

- 1 lb ground beef
- 3/4 c. onion finely diced
- 1/4 c. carrots finely diced
- 1/2 tsp dried basil
- 1/2 tsp dried parsley flakes
- 4 Tbsp butter divided
- 2 cans chicken broth 14.5 oz each
- 4 c. Yukon gold potatoes diced and peeled
- 1/4 c. all-purpose flour
- 2 c. Velveeta cheese (16 oz)
- 1 1/2 c. milk
- 1/4 tsp pepper
- 1/2 tsp salt
- 1/4 c. sour cream

INSTRUCTIONS

- In a large pan brown the beef along with the onion, carrots, basil and parsley in 1 tbsp butter until vegetables are tender and beef is browned.
- When meat is brown drain off any excess grease. Add broth and then potatoes to meat mixture. Bring to a boil. Reduce heat; cover and simmer for 10-12 minutes or until potatoes are tender.
- While potatoes are cooking melt remaining butter in a small saucepan. Add flour, whisking continuously to form a paste. Slowly whisk in milk until smooth and thick.
- After the potatoes are tender stir in the milk mixture until completely mixed in. Next stir in cheese, salt and pepper; cook on low and stir until cheese melts. Remove from the heat; stir in sour cream.
- Serve immediately, Garnish with shredded cheese, chopped green onions etc.



LEFT OVER TURKEY CORN CHOWDER

INSTRUCTIONS

1. Heat olive oil in large saucepan over medium heat. Add the onion and celery and cook for 5 minutes or until they begin to soften. Add garlic, roasted bell pepper and green chiles and cook for 1-2 more minutes.
2. Pour in chicken broth, bring to a boil, then reduce heat and simmer, uncovered, for 10 minutes.
3. Add the corn and simmer an additional 3 minutes.
4. Put flour into medium bowl. Slowly whisk in milk until mixture is smooth.
5. Slowly whisk in milk mixture to soup, along with salt and pepper. Cook, stirring frequently, until soup is thickened, about 15 minutes.
6. Stir in turkey, cheddar cheese and smoked paprika. Stir until cheese melted and turkey is warm.
7. Serve garnish with green onions if desired.

INGREDIENTS

- 1 tsp olive oil
- 1 medium yellow onion diced
- 1 stalk celery diced
- 1/2 c. roasted bell pepper diced
- 3 garlic cloves minced
- 1 4 oz can diced green chiles
- 4 c. low-sodium chicken broth
- 2 c. frozen corn kernels
- 1/2 tsp salt
- 1/4 tsp ground pepper
- 1/4 c. all-purpose flour
- 2 c. milk
- 2 1/2 c. cooked and shredded turkey
- 3/4 c. shredded cheddar cheese
- 1/2 tsp smoke paprika
- green onion thinly sliced for garnish



BEER CHEESE SOUP

INGREDIENTS

- 1/2 c. butter
- 1/2 c. all-purpose flour
- 2 cans chicken broth 14.5 oz each
- 1 can hot water refill an empty chicken broth can with water
- 2 c. half and half
- 1/2 tsp Worcestershire sauce
- 12 oz can beer
- 16 oz Velveeta
- Popcorn for garnish

INSTRUCTIONS

1. In a large sauce pan melt butter over low heat. Slowly whisk in flour until smooth. Cook 5 minutes.
2. Gradually add broth to flour mixture while continuously whisking. Continue to whisk and add half and half and Worcestershire. After that add hot water and beer while continuously whisking.
3. Continue to cook over medium heat while continuously whisking until soup thickens. Stir in cheese until melted. Simmer until hot.
4. Serve and garnish with popcorn.



INSTANT POT BEEF STEW

INSTRUCTIONS

1. Turn the Instant Pot to Saute, then select More. Wait for the pot to heat up, then add the oil.
2. Add stew meat to the pot and season with salt and pepper. Cook for 3-4 minutes on each side or until browned.
3. Add garlic, paprika, Worcestershire sauce, tomato sauce, beef broth, onion, potatoes and carrots.
4. Stir to combine. Seal the Instant Pot and set it to Manual High Pressure for 30 minutes.
5. When cooking time is done allow to pressure to natural release for 10 minutes. Carefully vent the pressure valve to allow any additional pressure to release after 10 minutes.
6. In a small bowl combine water and cornstarch until smooth to create a slurry.
7. Pour mixture back into the pot, and turn the pot back to the Saute function.
8. Simmer for 3-5 minutes or until stew has started to thicken.
9. Sprinkle with parsley, then serve.

INGREDIENTS

- 1 Tbsp olive oil
- 2 lbs beef stew meat cut into ½ inch cubes
- 1 tsp salt
- ½ tsp pepper
- 3 cloves garlic minced
- 1 tsp paprika
- 2 Tbsp Worcestershire sauce
- 8 oz can tomato sauce
- 3 c. low sodium beef broth
- 1 yellow onion peeled and chopped
- 3 c. potatoes peeled and diced
- 4 carrots peeled and sliced
- 3 Tbsp water
- 3 Tbsp cornstarch
- Parsley optional



VEGGIE LOADED **HAMBURGER SOUP**

INGREDIENTS

- ½ Tbsp olive oil
- 1 medium onion peeled and diced
- 2 stalks celery chopped
- 2 carrots peeled and chopped
- 3 cloves garlic minced
- 1 lb extra lean ground beef
- 1 14.5 oz can petite diced tomatoes
- 8 oz tomato sauce
- 2 tsp Worcestershire sauce
- 6 c. low-sodium beef broth
- 2 large Russet potatoes peeled and diced
- ½ c. frozen corn
- ½ c. frozen green beans
- ½ tsp Italian seasoning
- ½ tsp black pepper
- 1 tsp salt

INSTRUCTIONS

1. In a large dutch oven or soup pot add olive oil, onion, celery and carrots. Sautéed for 5-7 minutes, until softened.
2. Stir in garlic and sauté for 1 minute, followed by ground beef. Cook until the beef has browned for about 5 minutes. Drain off any extra grease.
3. Stir in the rest of the ingredients. Increase heat and bring the soup to a boil. Reduce heat so it simmers and cook 20-25 minutes or until potatoes are tender



INSTANT POT LASAGNA SOUP

INGREDIENTS

- 1 Tbsp olive oil
- 1 lb Italian Sausage
- ½ c. diced onion
- 4 cloves garlic
- 2 cans basil garlic oregano diced tomatoes 14.5 oz each
- 2 c. low sodium beef broth
- 2 c. water
- 24 oz jar spaghetti sauce
- 2 tsp Italian Seasoning
- ½ tsp ground black pepper
- 8 oz lasagna noodles broken
- 1 c. shredded mozzarella cheese
- Parsley optional garnish

INSTRUCTIONS

1. Turn the Instant Pot to saute and add the olive oil. When hot, add the Italian sausage and cook, crumbling with a wooden spoon or spatula. Make sure to stir frequently to prevent the sausage from sticking to the bottom of the pot. When Italian sausage is partly cooked, about 2-3 minutes, add the onions and garlic and continue cooking for about 4-5 more minutes, until onions are soft and meat is no longer pink.
2. Add tomatoes, broth, water, spaghetti sauce, Italian seasoning, black pepper, and broken lasagna noodles. Place the lid on the pot and flip the valve to "sealing." Cook over manual high pressure for 6 minutes.
3. When the time is up on the Instant Pot, perform a quick release. When all of the steam has escaped and the pin on the lid has dropped, open the lid. Divide the soup into bowls and top each with a sprinkle of mozzarella cheese.



INSTANT POT CHILI

INSTRUCTIONS

1. Turn Instant Pot to Saute. Add olive oil to the bottom of the pot. Add the meat and onions. Cook until browned, breaking up the beef with a spatula as you stir. Add the minced garlic during the last minute of cooking.
2. Add the rest of the ingredients to the pot and stir until combined.
3. Turn the Instant Pot to Manual and set to 25 minutes. After the cooking time is done release the pressure manually or allow it to release naturally when the chili is done cooking.
4. Serve with desired toppings.

INGREDIENTS

- 2 tsp olive oil
- 2 lb ground beef
- 1 onion finely diced
- 3 cloves garlic minced
- 15 oz beef broth
- 15.5 oz canned chili beans
- 30 oz tomato sauce
- 2 Tbsp chili powder
- 1 Tbsp ground cumin
- 1 tsp oregano
- 2 Tbsp tomato paste
- 2 cans diced petite tomatoes 14.5 oz each, do not drain
- Optional toppings - sour cream, green onions, sour cream etc.



SLOW COOKER KING RANCH CHICKEN

INSTRUCTIONS

1. Melt the butter in a medium saucepan over medium-low heat. Add the garlic and saute until it is fragrant and light golden brown, about 1 minutes.
2. Stir in flour and whisk continuously for 1 minute. Slowly whisk in the chicken broth. Increase the heat to a simmer and whisk continuously for several minutes, until the sauce is smooth and thickened. Remove saucepan from heat, and stir in chili powder, cumin, garlic powder and salt. Add black pepper to taste and set sauce aside.
3. Place the chicken breasts in a large slow cooker. Top them with the diced tomatoes with green chiles and jalapeno. Pour the sauce over the top. Cover slow cooker and cook on low for 4- hours, until chicken is tender and cooked through, but not overcooked.
4. Transfer chicken to cutting board, Stir cheese into the slow cooker and cover the slow cooker while you prepare chicken. Pull chicken into large chunks and stir in back into the slow cooker.
5. Cover the slow cooker and cook for 15 minutes, until the cheese is melted and the ingredients heated through. Stir well.
6. To serve, crush tortilla chips into a bowl and ladle the soup over the top. Garnish with extra cheese and cilantro, if desired.

INGREDIENTS

- 8 Tbsp butter
- 2 cloves garlic minced
- 1/2 c. all-purpose flour
- 3 c. low-sodium chicken broth
- 4 tsp chili powder
- 1 Tbsp ground cumin
- 1 Tbsp garlic powder
- 1 tsp salt
- Freshly ground pepper to taste
- 1 1/2 lb boneless skinless chicken breasts
- 1 10 oz can diced tomatoes with green chiles (mild, original or hot depending on your heat preference)
- 1 medium jalapeno minced (seeds and membranes left intact for spicy, removed for mild)
- 2 c. Colby Jack cheese, plus more for topping
- Tortilla chips for servings,
- Fresh cilantro chopped, for serving, optional

SANDWICH RECIPES





INGREDIENTS

- 1 slice leftover meatloaf
- 1 Tbsp butter softened
- 2 slices thick hearty bread
- 1 tsp ketchup
- 1 slice cheddar cheese
- ½ tsp prepared yellow mustard

LEFTOVER MEATLOAF SANDWICH

INSTRUCTIONS

1. Place a slice of meatloaf on a microwave safe plate. Microwave for 30 seconds at a time, until heated through.
2. Brush one side of each piece of bread with butter.
3. Place the bread with ketchup butter side down in a non-stick skillet over medium heat. Then top with 1 slice of cheddar cheese, slice of warmed meatloaf and mustard. Top with the remaining slice of bread, butter side up.
4. Cook until the bottom of the sandwich is lightly browned, about 4 minutes. Flip and continue to cook for an additional 3-4 minutes or until the bottom is lightly browned.



CROCK POT FRENCH DIP SANDWICH

INSTRUCTIONS

1. Let roast rest at room temperature for at least 15 minutes before searing.
2. Season roast with salt, pepper and onion powder.
3. Add olive oil to skillet and medium heat. Sear roast on all sides in skillet.
4. Place roast in Crock Pot. Sprinkle the Au jus packet over the roast, then pour beer over the roast. Close lid and set to cook on low for 8 hours.
5. After cooking time is done remove lid and transfer meat to serving plate, shred meat.
6. Set oven to broil and place sandwich rolls on a baking sheet.
7. In a small bowl combine butter and garlic powder. Brush over rolls and broil under low heat for 3-4 minutes, just until golden brown.
8. Pile meat onto rolls and top with cheese. Return to broiler and heat just until cheese has started to melt.
9. Top sandwiches with freshly chopped parsley.
10. Strain liquid left in crock pot with a fine mesh strainer. Serve strained Au jus with sandwiches for dipping.

INGREDIENTS

- 3-4 lb chuck roast or bottom round beef roast
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/2 tsp onion powder
- 1 Tbsp olive oil
- 1.25 oz pkg dry au jus mix
- 12 oz beer
- 3 Tbsp butter melted
- 1/4 tsp garlic powder
- 12 slices provolone cheese
- 8 hoagie rolls
- 1 Tbsp freshly chopped parsley optional



PEPPERONI PIZZA SLIDERS

INGREDIENTS

- 12 slider buns or Hawaiian rolls
- 3/4-1 c. pizza or pasta sauce
- 6 oz package pepperoni slices
- 8 oz package fresh mozzarella
- 1/2 c. grated Parmesan cheese
- 1/4 c. butter melted
- 1/2 tsp garlic powder
- 1/2 tsp dried basil
- 1/2 tsp dried oregano

INSTRUCTIONS

1. Preheat oven to 350 degrees F. Lightly grease the bottom of a 9×13 baking pan and set aside.
2. Cut the sliders or buns in half and set the tops aside. Place the bottom half of the rolls in prepared pan and spread with pasta sauce. Top each roll with the pepperoni slices using as many as desired (I used the whole package). Slice the fresh mozzarella into 12 slices and place a slice on each roll. Place top half of rolls back on top.
3. In a small bowl combine the Parmesan, melted butter, garlic powder, basil and oregano. Spread over the tops of the rolls. Cover with foil and bake for 20-25 minutes. Remove foil and bake for an additional 5 minutes. Serve immediately.



GRAPE & WALNUT CHICKEN SALAD SANDWICH

INGREDIENTS

- 4 c. chicken cooked and diced
- 1 c. seedless red grapes cut in half or quartered
- 1 c. red apple diced, optional
- 2 celery ribs about 1 cup, chopped
- 1 c. pecans, walnuts or almonds chopped or sliced
- 1 c. mayonnaise
- 1 lemon, juiced about 2 tablespoons
- 1 Tbsp fresh parsley chopped
- 1 tsp kosher salt
- Freshly ground pepper to taste

Serving

- Bread
- Croissants
- Lettuce

INSTRUCTIONS

1. In a small bowl combine mayonnaise, lemon juice, parsley, salt and pepper; stir to combine. Set aside.
2. In a large bowl add chopped and cooked chicken, chopped grapes, apples celery and nuts. Stir to combine ingredients.
3. Pour dressing over the top of chicken mixture and stir until mixed. Cover and refrigerate at least one hour before serving.
4. Serve on bread or croissants with lettuce, or whatever you prefer
5. Store leftovers in airtight container in refrigerator



LOADED ITALIAN BEEF

INSTRUCTIONS

1. Place roast and onions into the slow cooker and sprinkle with seasonings.
2. Drain peppers, reserving juice for beef. Set aside the peppers for topping.
3. Add 2 tablespoons pepperoncini juice, and beef broth to the crock pot. Cover and cook for 8-10 hours on low or until the roast is fork-tender. Remove roast from slow cooker and shred with a fork.
4. Place shredded roast back into the cooker and let stand for about an extra 30 minutes to allow the meat to absorb more flavor.
5. Slice buns in half and spoon shredded meat on to the bottom bun. Top with provolone cheese and reserved pepperoncini peppers. Garnish with Giardiniera.

INGREDIENTS

- 3-4 lb chuck or rump roast
- 1 large onion sliced
- ½ tsp onion powder
- ½ tsp garlic salt
- ½ tsp dried basil
- ½ tsp dried oregano
- ½ tsp Italian seasoning
- 1 tsp seasoned salt
- 1 tsp pepper
- 8 oz pepperoncini peppers (peppers reserved for topping)
- 2 cups low sodium beef broth

Toppings

- 6 Provolone cheese slices
- 6 Hoagie buns
- Pepperoncini Peppers (that were reserved)
- 8 oz Giardinier



CREAMY TUNA MELT

INSTRUCTIONS

1. Drain and flake tuna, add to large bowl
2. Add celery, red onion, and parsley, stir to combine
3. Add mayonnaise, mustard and lemon juice and stir until well combined
4. Season with salt and pepper to taste
5. Serving Options
6. Bread: butter and toast in oven or in toaster to your desired darkness or you can leave the bread untoasted
7. Tuna Salad: add desired amount of tuna salad to toast
8. Cheese: Add cheese slices and melt in oven or microwave
9. Tomato: thinly slice tomato and add to top of salad, or on bottom
10. Sprinkle with salt and pepper if desired
11. Serve open face or add another slice of toast for a sandwich

INGREDIENTS

- 4 cans 5 oz tuna packed in water, drained
- ¼ c. celery finely diced
- 2 Tbsp red onion finely minced
- 1 tsp flat-leaf parsley finely minced
- ½ – ¾ c. mayonnaise add a little at a time
**see notes
- 1 tsp mustard dijon or stone ground
- 1 Tbsp freshly squeezed lemon juice
- Salt and pepper to taste

Serving Ideas

- 8 pieces Bread *your favorite*
- 4 Cheese Slices *your favorite*
- Butter *for bread, to toast*
- 4 Tomato Slices



INSTANT POT FRENCH DIP

INSTRUCTIONS

INGREDIENTS

- 3-4 lb chuck roast or bottom round beef roast
 - 1/2 tsp salt
 - 1/4 tsp pepper
 - 1/2 tsp onion powder
 - 1 Tbsp olive oil
 - 1.25 oz pkg dry au jus mix
 - 12 oz can beer
 - 3 Tbsp butter melted
 - 1/4 tsp garlic powder
 - 12 slices of provolone cheese
 - 8 large rolls
 - 1 Tbsp freshly chopped parsley optional
1. Let roast rest at room temperature for at least 15 minutes before searing.
 2. Turn Instant Pot to Saute. When it reads HOT, add olive oil to pressure cooker.
 3. Season roast with salt, pepper and onion powder. Sear roast on all sides in pressure cooker. Remove from Instant Pot and set aside.
 4. Pour beer into pot and deglaze, essentially scrap all the stuck on food off the bottom of the pot. Place roast back in pot and sprinkle the Au jus packet over the roast.
 5. Close lid and make sure pressure release valve is set to sealing. Turn pressure cooker to Meat/Stew function and set time to 100 (1 hr 40 minutes) minutes.
 6. After the 100 minute cooking time is complete let pressure cooker naturally release for 25 minutes, then turn valve to venting to release any excess pressure.
 7. Remove lid and transfer meat to serving plate, shred meat.
 8. Prepare Buns
 9. Set oven to broil and place sandwich rolls on a baking sheet.
 10. In a small bowl combine butter and garlic powder. Brush over rolls and broil under low heat for 3-4 minutes, just until golden brown.
 11. Pile meat onto rolls and top with cheese. Return to broiler and heat just until cheese has started to melt.
 12. Top sandwiches with freshly chopped parsley.
 13. Strain liquid left in pressure cooker with a fine mesh strainer. Serve strained Au jus with sandwiches for dipping.



RACHEL SANDWICH

INSTRUCTIONS

1. Butter one side of each slice of bread.
2. Spread the opposite side of each slice of rye bread with the Russian dressing.
3. Top a slice of bread, dressing side, with the turkey or pastrami and Swiss cheese.
4. Put the coleslaw in a colander to drain off excess liquids.
5. Spread the coleslaw over the cheese layer and then top with the remaining slice of bread, butter side up.
6. Place a heavy skillet or griddle over medium heat. Place the sandwich on the hot pan and cook until the bottom has browned. Carefully turn it over and cook until the other side has browned and the turkey is warmed and the cheese has melted.

INGREDIENTS

- 2 slices rye bread
- 2 tablespoons Russian or Thousand Island dressing
- 1/4 pound sliced turkey thinly sliced, or pastrami
- 2 to 3 slices Swiss cheese
- 1 tablespoon butter softened
- 1/4 cup coleslaw



REUBEN SANDWICH

INSTRUCTIONS

1. Butter one side of each slice of bread. Place butter side down.
2. Spread the opposite side of each slice of rye bread with dressing. Then top with cheese, sauerkraut and corned beef.
3. Then top with the remaining slice of bread, butter side up.
4. Place a heavy skillet or griddle over medium heat. Place the sandwich on the hot pan and cook until the bottom has browned. Carefully turn it over and cook until the other side has browned and the corned beef is warmed and the cheese has melted.

INGREDIENTS

- 2 slices rye bread
- 2 tablespoons Russian or Thousand Island dressing
- 1/4 pound thinly sliced corned beef
- 2 to 3 slices Swiss cheese
- 1 tablespoon butter softened
- 1/4 c. fresh-style sauerkraut drained



INGREDIENTS

- 6 slices sturdy white bread
- 2 Tbsp yellow mustard
- 4 Tbsp mayonnaise
- 4 slices Swiss cheese
- 4 slices ham
- 4 slices turkey
- 4 eggs
- 1/2 c. milk
- salt and pepper to taste
- 4 Tbsp butter
- 2 Tbsp powdered sugar optional
- strawberry jam optional
- maple syrup optional

SWEET & SAVORY MONTE CRISTO

INSTRUCTIONS

1. On a cutting board slice the crust off the slices of bread.
2. To build the sandwiches spread mustard and mayonnaise on two slices of bread. Top those two slices of bread with a slice of cheese and then 2 slices of ham on each slice of bread. Top the ham on each slice with another piece of bread. Then add 2 slices of turkey and another slice of cheese. Top with final piece of bread.
3. Next you will need to press the sandwich using the bottom of a frying pan or cutting board.
4. In a small bowl whisk together eggs, milk, and salt and pepper. Carefully dip each sandwich into mixture.
5. Preheat skillet over low heat and add butter. Melt butter in skillet then add the sandwich. Cook the first side 4-6 minutes or until golden brown, flip and cook an additional 4-5 minutes or until cooked through and cheese is melted.
6. Remove from pan and dust with powdered sugar if desired. You can also serve this with warm strawberry jam or maple syrup.



INGREDIENTS

- 2 lb boneless skinless chicken breasts
- 1 c. water
- 2 Tbsp liquid smoke
- 1 c. BBQ sauce

CROCK POT BBQ CHICKEN

INSTRUCTIONS

1. Place chicken in slow cooker. Pour water and liquid smoke over chicken. Cook on low 4-6 hours.
2. Remove chicken from slow cooker and shred. Drain liquid from slow cooker except for 1/2 c. Add 1/2 c. liquid from slow cooker to chicken and mix. Add BBQ Sauce to chicken and place back in slow cooker. Heat on high until mixture is heated through.
3. Serve on buns, over baked potatoes, in taquitos or however you'd like to enjoy it!



DEVILED EGG SALAD SANDWICH

INSTRUCTIONS

1. Separate yolks from whites. Place yolks in medium sized container. Mash them and add in mayo, vinegar, dry mustard, yellow mustard, sweet onion, salt, pepper and paprika.
2. Dice egg whites and place in a separate bowl. Mix with egg yolks and refrigerate.
3. Eat plain, on a bun or with crackers.

INGREDIENTS

- 6 eggs hard boiled & shelled
- 4 Tbsp mayo
- 2 tsp white vinegar
- 1/2 tsp dry mustard
- 1 tsp yellow mustard
- 1/4 c. minced & grated sweet onion
- 1/2 tsp Salt
- 1/4 tsp pepper
- 1/4 tsp smoked paprika
- 8 pieces bread



EGG AVOCADO TUNA SANDWICH

INSTRUCTIONS

1. Combine tuna, garlic, onion and mayo. Lightly salt and pepper and mix.
2. Add Romaine to bread, tuna mixture, avocado slices, tomato slices and egg.

INGREDIENTS

- 4 slices of bread
- 2 5 oz. each canned light tuna, drained
- 1 garlic clove minced
- 1/4 small onion chopped fine
- 1/3 cup mayonnaise
- Salt & pepper to taste
- 1/2 avocado sliced
- 1 tomato sliced
- 1 – 2 boiled eggs sliced
- Romaine few leaves