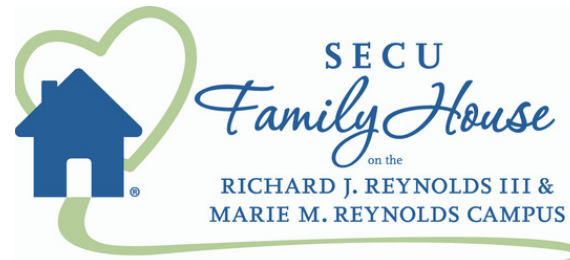


EASY CROCK POT CHILI

STOCK THE FREEZER

DIRECTIONS

1. Cook beef, onion, bell pepper, and garlic in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink; drain
2. Place mixture in 5-quart slow cooker
3. Stir in beans and remaining ingredients
4. Cook at HIGH 3-4 hours or LOW 5-6



INGREDIENTS

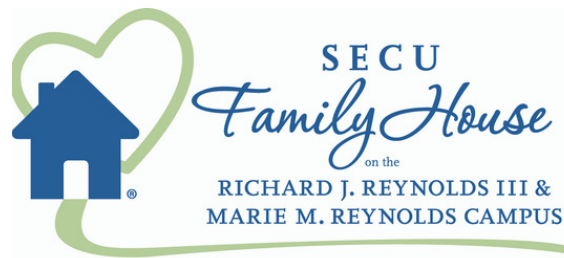
- 1 ½ lbs lean ground beef
 - 1 onion, chopped
- 1 small green bell pepper, chopped
- 2 garlic cloves, minced
- 2 (16 oz) cans red kidney beans, rinsed and drained
- 2 (14 ½ oz) cans diced tomatoes
- 2-3 tablespoons chili powder
 - 1 teaspoon salt
 - 1 teaspoon pepper
- 1 teaspoon ground cumin

CHICKEN NOODLE SOUP

STOCK THE FREEZER

DIRECTIONS

1. Season chicken breast with salt and pepper
2. Place chicken breasts on the bottom of a 5-quart slow cooker
3. Top chicken with carrots, onion, celery, garlic and olive oil
4. Add chicken broth and water, season to taste
5. Cook on LOW for 6-7 hours
6. Remove chicken once cooked and cut into bite sized pieces
7. Add egg noodles for the last 5-10 minutes of cooking



INGREDIENTS

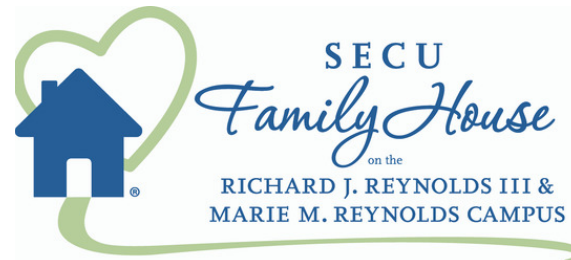
- 1 ½ lbs boneless, skinless chicken breast
- 2 cups carrots, peeled and chopped
- 1 onion, diced
- 3 stalks celery, chopped
- 3 garlic cloves, minced
- 3 tablespoons olive oil
- 6 cups chicken broth
- 1 cup water
- Salt and Pepper to taste
- 2 cups uncooked egg noodles

POT ROAST AND VEGGIES

STOCK THE FREEZER

DIRECTIONS

1. Season chuck roast with salt and pepper
2. Place roast in a skillet with oil and brown for 4-5 minutes on each side
3. Add potatoes, carrots and garlic in the slow cooker
4. Lay the beef on top, add beef broth and cover
5. Cook on LOW 8-10 hours or HIGH for 5-6
7. In the last hour, mix cornstarch and water and add to the slow cooker to thicken the sauce to gravy



INGREDIENTS

- 4-5 lb chuck roast
- 2 tablespoons canola oil
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 lb carrots,
peeled and chopped into chunks
- 2 lbs Yukon gold potatoes,
peeled and cut in large chunks
- 2 cloves garlic, minced
- 2 cups beef broth
- 2 tablespoons corn starch
- 2 tablespoons cold water

HONEY CORNBREAD MUFFINS

STOCK THE FREEZER

DIRECTIONS

1. Preheat oven to 400 degrees
2. In a large bowl, mix the cornmeal, flour, baking powder, sugar and salt
3. In another bowl, whisk the milk, eggs, butter and honey
4. Add wet ingredients to the dry and stir until mixed
5. Place batter into muffin tins until 2/3 full
7. Bake for 15 minutes or until golden

Yields 24 muffins



INGREDIENTS

- 2 cups yellow cornmeal
- 2 cups all-purpose flour
- 2 tablespoons baking powder
- 1 cup granulated sugar
- 2 teaspoons salt
- 2 cups whole milk
- 4 eggs
- 1 stick unsalted butter, melted
- 1/2 cup honey

BANANA BREAD

STOCK THE FREEZER

DIRECTIONS

1. Preheat oven to 325 degrees
2. Grease a 9x5-inch loaf pan
3. Combine mashed bananas, sugar, egg, and butter in a bowl
4. In a separate bowl, mix flour, salt, and baking soda
5. Stir dry ingredients into the wet and stir until just mixed
7. Pour into prepared loaf pan and bake until toothpick inserted in the center comes out clean, about 1 hour

Yields 24 muffins



INGREDIENTS

- 3 ripe bananas, mashed
- 1 cup granulated sugar
- 1 egg
- 1/4 cup unsalted butter, melted
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt