

Salsa Chicken

Ingredients:

- 5 chicken breasts
- 1 15 oz. can black beans
- 1 lb. of frozen corn
- 1 12 oz jar of salsa

Thaw and cook in the crock-pot on low for 5 to 7 hours.

**Can also add the following to the crockpot before cooking.

- 1 15 oz. can of pinto beans

Shred the cooked chicken in the crock pot and stir to combine. When it comes to serving Crock Pot Salsa Chicken you have two choices. You could serve the chicken pulled apart and mixed in with the rest of the ingredients then serve it with tortilla chips. Serve with warm flour tortillas, topping with more shredded cheese, sour cream and tomatillo salsa if desired. Or you could serve each piece of breast half whole and top it with the remaining ingredients. It's really up to you.

Teriyaki Chicken

Ingredients:

- 5 boneless chicken breasts
- 1 cup of teriyaki sauce
- 1 cup of water
- 2/3 cup of brown sugar
- 1 tsp garlic powder

Thaw and cook in the crock-pot on low for four to six hours.

Shepherd's Pie

Ingredients:

1 pound ground beef
1 medium onion, chopped
1 can tomato soup (no water added)
1 can French style green beans, drained
3 cup instant mashed potatoes
Salt and pepper to taste

Directions:

Brown ground beef and onion; drain well. Add tomato soup, green beans, mix well. Pour into a 2 quart casserole dish. Top with mashed potatoes. Tip: May add 1 cup cheddar cheese (grated) to mashed potatoes.

Add 3 cups of water, 1 cup milk, and 4 Tbsp. in a sauce pan and heat to boil. Remove from heat and stir in potatoes. Add to the top of the meat mixture and bake at 350 degrees for 45 minutes or until bubbly and light brown. Tip: May add 1 cup cheddar cheese (grated) to mashed potatoes.

Honey-Garlic Slow Cooker Chicken

Ingredients:

4 skinless, boneless chicken thighs or breasts
½ cup soy sauce
½ cup ketchup
⅓ cup honey
3 cloves garlic, minced
1 teaspoon dried basil

Directions:

1. Lay chicken onto the bottom of a 4-quart slow cooker
2. Cook on low for 6 hours

Sweet BBQ Chicken

Ingredients:

5 boneless chicken breasts
12 oz. bottle of BBQ sauce
1/2 cup of brown sugar
1/4 cup of vinegar
1 tsp. Cayenne Pepper
1 tsp. garlic powder

Mix all ingredients together in gallon size Ziploc bag. Thaw and cook in the crock-pot on low for four to six hours.

Smoked Pulled Pork

Ingredients:

2.5 pounds pork roast
1 Package of Buns
Thaw. Enjoy

Taco Soup

Ingredients:

1 pound ground hamburger
32 oz. chicken broth
16 oz. black beans
16 oz. salsa

Put into crockpot on low for 4-6 hours

Baked Spaghetti

Ingredients:

1 pound ground hamburger
1 can spaghetti sauce
½ cup cheese
16 oz. noodles

Thaw and layer in a 9x13, greased pan then bake at 350 for 15 minutes. Make noodles according to the package.