

4 Ingredient Crock Pot Roast (Unmeasured Scoop)

Ingredients

1 lb beef chuck roast (I used [Simple Truth Organic Grassfed Beef Chuck Roast](#). I would highly recommend using this cut of meat or one with a higher fat content, leaner meats will be tougher and not fall apart like fatter meats.)

1 3/4 cups of baby carrots

2 cans of stewed tomatoes

2 russet potatoes cubed

salt and pepper

handful of chopped fresh cilantro or parsley for garnish

Instructions

Season both sides of your chuck roast with salt and pepper and place in the bottom of your crock pot. Cover with stewed tomatoes, carrots and cubed potatoes. Cook on low for 8 hours, opening a couple times to pour juices over vegetables to keep them moist). Using two forks shred your chuck roast (it should be extremely tender and easy to shred). Serve in shallow bowls and spoon juice over bowl before serving.

Mexican Bowls (Unmeasured Scoop)

Ingredients

1 box brown rice – cook up enough for each person to have a cup

1 bag frozen corn – cook up enough for each person to have ¼ cup

1 can black beans – cook up enough for each person to have ¼ cup

1 jar salsa

Chopped fresh cilantro

Sour cream

Avocados

Mexican shredded cheese

Instructions

Add cooked rice, corn and beans to bowls and have each person top with their favorite toppings: salsa, sour cream, cheese and cilantro

Classic Poppy seed Ham & Cheese Sliders (Unmeasured Scoop)

Ingredients

24 Hawaiian sweet rolls

1 pound deli ham (sliced thin and I'm a Boar's Head fan!)

1 pound deli swiss (sliced thin)

1 tsp poppy seed
1/2 c butter melted
1 1/2 tsp Dijion mustard
2 Tbs dried minced onion (I leave this out b/c I'm not an onion fan but add in if you like!
You can also just shred a fresh onion if you don't have dried)
1 1/2 tsp Worcestershire sauce

Instructions

Preheat oven to 350. Remove tops from rolls and place in the bottom of greased Pyrex 13x9 pan. Place about 1/2 a slice of ham and swiss on each roll (you'll just have to eye this to make sure you have enough). Place tops back on sandwiches. Mix poppyseeds, butter, dijion, onion, and Worcestershire and pour over top of sandwiches. Cover with foil and bake for 15-20 minutes until cheese is melted.

Harvest Pasta e Fagioli Soup (Yummy Mummy Kitchen)

Ingredients

1 tablespoon extra virgin olive oil
1 small yellow onion
1 carrot, chopped
2 stalks celery, chopped
1 small sweet potato, peeled and diced
1/2 teaspoon salt
1/4 teaspoon freshly cracked pepper
1 15 oz can diced tomatoes
1 teaspoon dried oregano
1/2 teaspoon dried thyme
1 large sprig rosemary, plus more for garnish
6-7 cups vegetable broth
1 cup dry small pasta (I used mini bowties)
1 cooked Italian sausage, halved lengthwise and cut into 1/2" pieces (I omit this to save money)
1 can cannellini beans, drained and rinsed
1 can kidney beans, drained and rinsed
I omitted the parsley & parmesan for parmesan crisps, we just use crusty bread

Instructions

Heat oil in a large pot over medium high heat. Add the onion, carrot, celery, and sweet potato. Stir in salt and pepper. Saute vegetables until tender, about 7 minutes. Add tomatoes, oregano, thyme, and rosemary, stir to combine. Add broth and bring to a low boil. Add pasta and simmer until al dente, according to package instructions. When pasta is about 2 minutes from being done, add the sausage (I omit), beans. Season to taste with additional salt and pepper.

Kale & Brown Rice Stuffed Peppers (Unmeasured Scoop)

Ingredients

4 large red peppers
2 cups uncooked brown rice
2 c chopped kale
1 tsp minced garlic
2 Tbs olive oil
2 4 oz cans of tomato sauce
1/2 tsp dried oregano
1/2 tsp dried basil
1/4 c grated parmesan + 4 tsp for sprinkling on top of peppers

Instructions

Preheat oven to 425. In glass bowl cook brown rice in microwave according to box instructions. Set aside. In large skillet combine olive oil and garlic over medium heat. Throw in kale and cook until wilted (5 minutes or so). Add in tomato sauce, oregano, basil, parmesan and rice and combine. Cut off tops of peppers and discard seeds and flesh. Place peppers on baking pan. Spoon rice mixture into peppers until full and sprinkle with parmesan cheese. Pour 1 c of water in baking pan so bottoms of peppers do not burn and steam cooks peppers. Place pan in oven and cook for 25 minutes.

Lemon Chicken Rice (Skinny Mom)

Ingredients

1 cup basmati or long grain brown rice
16oz low sodium chicken broth
1tbsp Earth Balance Buttery Spread or regular butter
1tbsp minced garlic
1tsp red pepper flakes (if desired)
1 lemon
1/2lb – 1lb (chicken breast, shrimp, or canned chicken)
2tbsp chopped fresh cilantro

Instructions

In a pot add in broth, rice, butter, and garlic; bring to a boil. Once that starts to boil add in red pepper flakes, cover, and reduce heat to low. Let simmer for 15-25 minutes depending on rice. Take off lid and add in cooked protein choice, squeeze fresh lemon in pot, and add cilantro. Mix all together and cover for another 3-5 minutes. Serve!