

## Crockpot Recipes

1. Pot Roast
2. Chicken and Mushroom Stroganoff
3. Creamy Italian Chicken
4. Garlic Lime Chicken
5. Chicken Broccoli Alfredo
6. Black Bean and Corn Chicken (freezer meal)
7. Chicken Teriyaki
8. Chicken or Pork Chops and Potatoes
9. Taco Tuesday
10. Chili

# Pot Roast



**Course** Main Course

**Cuisine** American

## Ingredients

- 1 bottom round roast (find one that will fit your slow cooker)
- salt & pepper
- 1 28 ounce bag of honey gold potatoes
- 1 lb baby carrots
- 32 ounces beef broth
- 2 cans cream of mushroom soup (10.5 ounce cans)
- 4 large garlic cloves - chopped
- 1 yellow onion - chopped
- 3 springs of fresh oregano or 1/2 teaspoon of dried

## Instructions

1. Rub your roast with 1 tablespoon of salt and 1 teaspoon of pepper.
2. Place the roast in your slow cooker. (fat side up)
3. Cut your potatoes in half and toss them in. (No need to peel them!)
4. Toss in your carrots and your chopped onion and chopped garlic.
5. In a separate bowl, whisk together your mushroom soup and beef broth.
6. Pour the soup mixture over the roast.
7. Add in your oregano (either fresh or dried). If using fresh oregano, tie your sprigs together so you can fish them out later.

8. Sprinkle in 2 teaspoons of salt and 1 teaspoon of black pepper.
9. Cover and cook on high in the slow cooker for at least 8 hours.
10. After the 8 hours, you can shred the roast. I like to remove the fatty top. You can do this by just using tongs and pulling it off and discarding it. Then using 2 forks, just shred the meat into smaller pieces of your preference.
11. See recipes notes for instructions on how to thicken your gravy.

## **Notes**

Tip\* You can prep everything the night before and just keep it in the fridge until the morning. In the morning pop it in the slow cooker and cook on high for 8 hours.

**Here's how to thicken your gravy:**In a small bowl or cup take 1/4 cup of cornstarch and 1/2 cup of cold water and stir together with a fork until there are no lumps. Add the cornstarch mixture to the slow cooker with the gravy and stir together. Let it cook for about 5 minutes and then either pour it over the roast or add it to a gravy boat.

# Slow Cooker Chicken and Mushroom Stroganoff



5 from 1 vote

## PREP TIME

5 minutes

## COOK TIME

5 hours

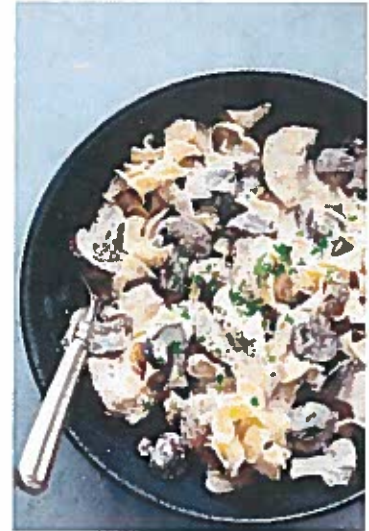
## SERVINGS

4

Slow Cooker Chicken and Mushroom Stroganoff takes just minutes to throw in the slow cooker! It is so creamy and delicious and will become an instant family favorite!

## Ingredients

- 4 boneless skinless chicken breasts cubed
- 8 ounce sliced mushrooms
- 1 8 ounce cream cheese softened
- 1 10 1/2 ounce cream of chicken soup
- 1 envelope 1 1/4 ounce dry onion soup mix
- salt and pepper to taste



- fresh parsley chopped for garnish
- 1 pound large egg noodles for serving

## Instructions

1. Place the chicken in the bottom of a lightly greased [slow cooker](#). Add the mushrooms. In a [medium sized bowl](#) add cream cheese, cream of chicken soup, and dry onion soup mix. Mix until incorporated and spread on top of chicken and mushrooms.
2. Cook on low for 4-6 hours or high for 3-Serve over noodles and top with fresh parsley and salt and pepper.

## Recipe Notes

**Alyssa Also Recommends:**

Want to make this even easier? Here are a few products that I LOVE:

- [Slow Cooker](#)
- [Utopia Kitchen Cooking Knives](#)
- [Cuisinart Stainless Steel Chopper](#)

# Crockpot Creamy Italian Chicken



## Ingredients

- 3-4 boneless skinless chicken breasts
- 8 oz cream cheese softened
- 1 can cream of chicken
- 1 dry packet of Italian Seasoning

## Instructions

1. Mix together softened cream cheese, cream of chicken and Italian Seasoning in a bowl. Once mixed, place in gallon sized ziplock bag with chicken. Seal and place in freezer.
2. When ready to use thaw in fridge overnight. Place thawed contents in crock-pot and cook on low for 4-6 hours.

Crockpot Creamy Italian Chicken <https://www.mommysfabulousfinds.com/crockpot-freezer-meal-recipes/>

# Slow Cooker Garlic Lime Chicken



## Ingredients

- 1½ lbs skinless chicken thighs
- 4 Tbsp fresh lime juice
- 1½ cups chicken broth
- 2 garlic cloves finely chopped
- ½ tsp thyme
- 2 Tbsp unsalted butter
- pepper to taste

## Instructions

1. Combine all ingredients into a gallon sized freezer bag. Seal closed and place in freezer. When ready to use thaw in fridge for 24 hours. Empty contents into crockpot and cook on low for 6-8 hours.
2. Place chicken on plate and top with remaining juice.

Slow Cooker Garlic Lime Chicken <https://www.mommysfabulousfinds.com/crockpot-freezer-meal-recipes/>

# Crockpot Chicken Broccoli Alfredo



Make this easy Crockpot Chicken Alfredo into a freezer meal for an weeknight dinner.

<b>Course</b>	Main Course
<b>Cuisine</b>	American
<b>Keyword</b>	Chicken, Crockpot

## Ingredients

- 4-6 boneless chicken breasts
- 1 16 oz bag frozen broccoli florets
- 2 16 oz jars Alfredo sauce (I use light)
- 1 large green pepper chopped
- 1 4 oz can sliced mushrooms, drained

## Instructions

1. Split ingredients in half.
2. Place all ingredients in 2 gallon size freezer bags. Zip closed, and place in freezer.
3. When ready to eat, remove from freezer and thaw in fridge overnight. Empty contents into crock-pot and cook on LOW for 4-6 hours.

Crockpot Chicken Broccoli Alfredo <https://www.mommysfabulousfinds.com/5-easy-crock-pot-recipes/>



# Slow Cooker Black Bean and Corn Chicken Freezer Meal



## Ingredients

- 2 14 oz cans black beans, drained and rinsed
- 2 14 oz cans corn, drained
- 1 1 oz package taco seasoning
- 4-6 boneless chicken breasts
- 1 cup salsa
- 3/4 cup water

## Instructions

1. Split ingredients in half.
2. Place all ingredients in 2 gallon-sized freezer bags. Zip close, and place in freezer.
3. When ready to eat, remove from freezer and thaw in fridge overnight. Empty contents into crock-pot and cook on HIGH for 3-4 hours or LOW for 7-8 hours.
4. When finished cooking, shred chicken and serve over rice, with a salad, or in a wrap. Top with cheese, sour cream, avocado, lettuce, tomato.

Slow Cooker Black Bean and Corn Chicken Freezer Meal  
<https://www.mommysfabulousfinds.com/5-easy-crock-pot-recipes/>

# Slow-Cooker Chicken Teriyaki



## Ingredients

- Large bag of baby carrots
- Red Onion sliced into large chunks
- 2 Cans of crushed pineapple 20 oz. un-drained
- 4 Garlic cloves
- 4-6 Boneless Chicken Breasts
- 1 Cup Teriyaki Sauce

## Instructions

1. Split ingredients in half.
2. Place all ingredients in 2 gallon-sized freezer bags. Mix together in bag and zip closed. Place in freezer.
3. When ready to eat, remove from freezer and thaw in fridge overnight. Empty contents into crock-pot and cook on LOW for 6-7 hours.
4. Serve over rice.

Slow-Cooker Chicken Teriyaki <https://www.mommysfabulousfinds.com/5-easy-crock-pot-recipes/>

# Crock Pot Chicken or Pork Chops and Potatoes

## Ingredients:

Thick cut pork chops or boneless chicken breasts

5 potatoes-quartered

Beef broth

Minced garlic

Salt

Pepper

\*fee free to add other root vegetables

## Directions:

- 1) Throw all ingredients in crock pot
- 2) Turn on low heat and cook for 8 hours

# Taco Tuesday

## Ingredients:

Jar of salsa

Chicken breast

## Directions:

- 1) Put chicken breast in crockpot
- 2) Over chicken, pour jar of salsa
- 3) Cook on low (4-6 hours)
- 4) Shred Chicken
- 5) Ready for Tacos

# Chili

## Ingredients:

Beans

Canned tomatoes

White onion

Bell peppers (one of each color)

Jalapenos (to taste)

Seasonings

Ground turkey

## Directions:

- 1) Throw all ingredients into the crock pot
- 2) Cook on low all day
- 3) Enjoy!

# Instant Pot Recipes

1. Butter Chicken
2. Green Chili with Pork
3. Garlic Parmesan Chicken and Rice
4. Hamburger Helper
5. Chicken Pot Pie
6. Creamy Ziti

# Instant Pot Butter Chicken

\*Instant pot butter chicken is tender chicken cooked in a creamy, spicy, tomato-based sauce. This version uses no cornstarch, so it is low carb, and keto.

## Ingredients:

2 cups onion, diced

5 cloves garlic, minced

4 tablespoons butter

2 pounds chicken thighs, boneless, skinless, cut into bite-size pieces

15 ounces tomato sauce, no added sugar

3 tablespoons tomato paste

2 teaspoons red curry paste

2 teaspoons garam masala

1 ½ teaspoons ground ginger

1 teaspoon salt

½ teaspoon smoked paprika

½ cup heavy cream

Cilantro, garnish

## Directions:

- 1) Throw ingredients in instapot, cook
- 2) Can be served with rice, cauliflower, zucchini, quinoa

# Instant Pot Green Chili with Pork

## Ingredients:

3 pounds pork shoulder, trimmed of excess fat and cut into 1 inch cubes

Kosher salt and freshly ground black pepper

3 tablespoons vegetable oil

2 pounds tomatillos, peeled and quartered (you can cheat and purchase a large can of green salsa)

5 Anaheim peppers, seeded and diced

1-2 Jalapenos (depending on how much kick you want)

1-2 Green bell peppers, chopped

1 yellow onion, diced

4 cloves garlic, minced

5 tablespoons ground cumin

4 cups chicken broth

1 bunch fresh cilantro, chopped

Tortilla chips, for serving

Shredded Mexican cheese blend, for serving

Diced red onion, for serving

Diced avocado, for serving

## Directions:

- 1) Saute the meat in instant pot-cook and remove (you can grind the cooked pork if desired)
- 2) Add all your diced onion, garlic, and peppers, and saute-4 minutes
- 3) Add your both and tomatillo or container of green salsa
- 4) Add seasoning such as cumin, and chili powder
- 5) At this point I like to cup out a cup or two at a time and blend, and back to pot and continue till it is all well blended

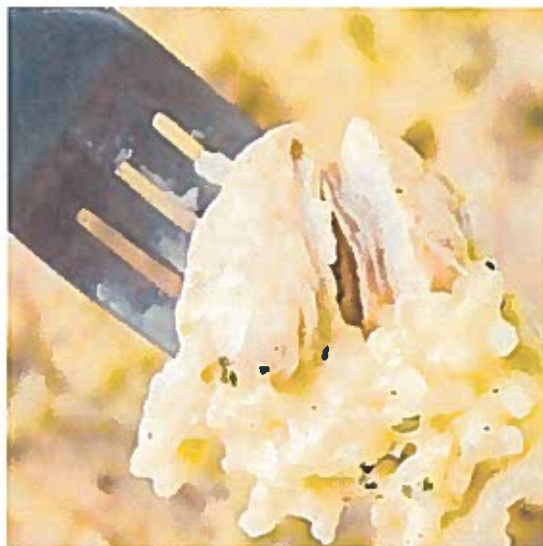


- 6) Add the pork back into the pot and thicken with either cornstarch or flour till consistency desired
- 7) Top with shredded cheese
- 8) Garnish with green onion, sour cream, and cilantro
- 9) Serve over tortilla chips

YIELD: 4 PEOPLE

# Instant Pot Garlic Parmesan Chicken and Rice

Instant Pot Garlic Parmesan Chicken and Rice is an easy chicken dinner recipe perfect for busy weeknights. This chicken dish is rich and creamy and loaded with Parmesan cheese.



## **PREP TIME**

10 minutes

## **COOK TIME**

30 minutes

## **TOTAL TIME**

40 minutes

## Ingredients

- 1.5 lbs chicken breast, boneless, skinless
- 1 tbsp margarine
- 2 1/2 cups water

- 2 cups heavy cream
- 10.5 oz cream of chicken condensed soup
- 2 cups long grain white rice
- 1 tbsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1 tsp pepper
- 2 cups Parmesan cheese, shredded
- 2 tsp parsley flakes

## Instructions

1. Slice chicken breast into strips.
2. Turn Instant Pot on to Saute Normal.
3. Add margarine to the pot while it's heating up.
4. Add the chicken breast slices to the pot and cook until almost no pink remains.
5. Add the water, heavy cream and cream of chicken soup to the pot and stir gently.
6. Add the rice, garlic powder, onion powder, salt and pepper to the pot. Do not stir.
7. Place the lid on the Instant Pot, lock it in place and turn the steam release handle to the sealing position.
8. Pressure Cook on High for 7 minutes.

9. Once the Instant Pot is done cooking, immediately turn the steam release handle to do a quick release.
10. Once the float valve is all the way down remove the lid.
11. Add the shredded Parmesan and parsley flakes to the pot.
12. Stir well until the cheese is all melted.
13. Serve immediately.
14. Enjoy!

## Notes

This recipe was tested in an 8 quart Instant Pot Duo.

Nutrition Information:

*Amount Per Serving:* CALORIES: 1074

© Erin

**CUISINE:** American /

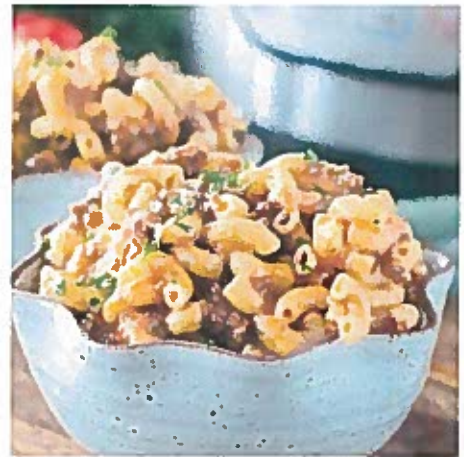
**CATEGORY:** Dinner Recipes

<https://www.thisisnotdietfood.com/instant-pot-garlic-parmesan-chicken-and-rice/>

Exclusive Member of Mediavine Food

# Instant Pot Hamburger Helper Recipe

Instant Pot Hamburger Helper is quick and easy, plus the entire family will love it! The flavor is amazing and I love that it's an easy dinner recipe in my pressure cooker. Put this Cheeseburger Macaroni on your regular rotation!



4.95 from 18 votes

---

Prep Time  
5 mins

---

Cook Time  
20 mins

---

Total Time  
25 mins

---

Course: Main Course    Cuisine: American

Keyword: Instant Pot Cheeseburger Macaroni, Instant Pot Hamburger Helper

Servings: 8    Calories: 664kcal    Author: [Julie Evink](#)

## 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.

## **Nutrition**

Calories: 664kcal | Carbohydrates: 46g | Protein: 38g | Fat: 35g |  
Saturated Fat: 20g | Cholesterol: 116mg | Sodium: 909mg | Potassium:  
676mg | Fiber: 2g | Sugar: 3g | Vitamin A: 800IU | Vitamin C: 2.5mg |  
Calcium: 562mg | Iron: 2.6mg

YIELD: 4 SERVINGS

# Instant Pot Chicken Pot Pie

Instant Pot Chicken Pot Pie is all of the flavor from the classic oven baked favorite all made in under 30 minutes! From the perfectly cooked potatoes and carrots to the tender, shredded chicken this one pot, dump & start Instant Pot meal will be your family's favorite!



## PREP TIME

5 minutes

## COOK TIME

6 minutes

## TOTAL TIME

11 minutes

## Ingredients

- 1 cup chicken broth
- 3 medium potatoes, peeled and cubed
- 1 cup petite baby carrots
- 1/4 medim onion , minced
- 6 chicken tenders, fresh, raw
- 1/2 tsp salt
- 1/8 tsp pepper
- 1/2 cup peas, frozen

- 1/2 cup milk

## **Butter and Flour paste**

- 1 tbsp butter
- 1 tbsp flour

## **Instructions**

1. Add the broth, potatoes, carrots, onion, chicken tenders, salt and pepper to the Instant Pot. Cook on Manual HIGH for 3 minutes.
2. Create the butter and flour paste by combining equal parts butter and flour.
3. NPR for 6 minutes and then quick release.
4. Remove the chicken tenders. Shred and set aside.
5. Add frozen peas (This is important to bring the temp down so the milk doesn't curdle when added) and then add the milk. Stir to combine.
6. Turn the saute function back on. Once the liquid starts to bubble, add in the butter paste and stir until it has melted and thickened the sauce.
7. Add the chicken back into the Instant Pot. Stir to combine.
8. Serve by itself, with some biscuits, or pie crust.



YIELD: 4 SERVINGS

# Dump and Start Instant Pot

## Creamy Ziti

Dump and Start Instant Pot Creamy Ziti is saucy, cheesy and delicious. 20 minutes is all you need to make this creamy red sauce pasta dish!



**COOK TIME**            14 minutes  
6 minutes

**TOTAL TIME**  
20 minutes

## Ingredients

- 1 1/2 cup chicken broth
- 1 cup heavy cream
- 1 tsp minced garlic, dried
- salt and pepper to taste
- 8 oz dry ziti pasta
- 1 cup red pasta sauce

- 1 cup parmesan cheese, shredded
- 1/2 cup mozzarella cheese, shredded

## Instructions

1. Add the broth, cream, garlic, salt, pepper and noodles to the instant pot in that order. **DO NOT STIR**, but make sure all noodles are covered. If you need to move some noodles around, thats okay.
2. Set your Instant Pot to Manual for 6 minutes. Let it naturally release its pressure for an additional 6 minutes then quick release.
3. Add the red pasta sauce to the Instant Pot and give it a stir.
4. **SLOWLY** add in the cheese while stirring. The cheese will melt and thicken the sauce. The sauce will also thicken as it cools.
5. Enjoy!

## Notes

This is a very saucy dish- If you like yours with less sauce, just cut back on the red pasta sauce at the end.

Don't love the heavy cream? Check out my [SKINNY CREAMY ZITI](#) recipe!

## Soup Recipes

1. Low-Carb Taco Soup
2. Crock Pot Ham and Bean Soup
3. Chicken Tortilla Soup
4. Chicken Enchilada Soup
5. Crock Pot Cheesy Potato Soup

# Low-Carb Taco Soup

---

prep time: 10 mins    cook time: 6 hour    total time: 6 hours and 10 mins

---

Low-Carb Taco Soup - SO good! I wanted to lick the bowl!! If you aren't doing low-carb, feel free to add corn and black beans. Ground beef, taco seasoning, Ranch dressing mix, diced tomatoes and green chilies, cream cheese, Velveeta, beef broth. Just dump every in the crock pot and dinner is done. Can freeze leftovers for a quick meal later. This soup is seriously delicious!! #crockpot #slowcooker #soup #taco #lowcarb

## INGREDIENTS:

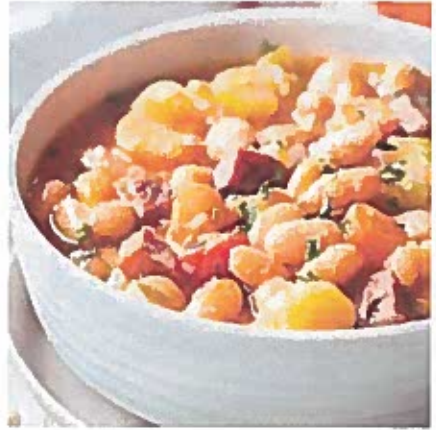
- 2 lb ground beef, cooked
- 1 (8-oz) package cream cheese
- 1 (8-oz) package Velveeta cheese, cubes
- 1 (1-oz) package [Hidden Valley Original Ranch Seasoning and Salad Dressing Mix](#)
- 3 Tbsp taco or southwestern seasoning ([Mrs. Dash Southwest Chipotle](#))
- 2 (10-oz) cans Ro\*tel diced tomatoes and green chiles
- 4 cups beef broth

## INSTRUCTIONS:

1. Place all ingredients in a [6-qt Slow Cooker](#). Cover and cook on LOW for 6 to 8 hours.
2. Serve with cheese, cilantro and sour cream, if desired.

# Crock Pot Ham and Bean Soup

Crock Pot Ham and Bean Soup is a classic winter favorite that is perfect for using leftover ham or ham bones from Thanksgiving or Christmas dinner.



---

Prep Time  
10 mins

---

Cook Time  
6 hrs

---

Total Time  
6 hrs 10 mins

---

Course: Soup    Cuisine: American    Servings: 6

Calories: 402kcal    Author: [Julia](#)

## Ingredients

- 1 small yellow onion diced (about 1 cup)
- 2 tsp minced garlic 2 cloves
- 3 celery stalks diced (about 3/4 cup)
- 2 large carrots diced (about 1 cup)
- 6 cups unsalted chicken stock
- 1 pound dried Navy or Great Northern beans sorted of debris and rinsed
- 2 bay leaves
- 1 Tbsp fresh thyme chopped or 1 tsp dried thyme

- 2 tsp fresh rosemary chopped or 1/2 tsp dried rosemary
- 1 tsp salt more to taste
- 1/2 tsp ground black pepper
- 2 cups diced or shredded ham
- 1 meaty ham bone optional
- 2 Tbsp fresh parsley chopped for serving

## Instructions

1. For extra flavor and softer onions: In a skillet or in the insert of your slow cooker you can brown in over medium-high heat, heat 1 Tbsp olive oil. Saute the onions for 3-4 minutes until softened and lightly browned. Add the garlic and saute for 20 seconds. Then add the chopped celery and carrots and saute for 4 minutes. Transfer to crockpot.
2. Stir together all the ingredients (except the parsley) in your slow cooker.
3. Cover and cook on high for about 5 hours or until beans are tender. If using a bone take the bone out, remove the meat, stir it into the soup, and discard the bone. Take out the bay leaves. Season to taste with salt and pepper.
4. Serve garnished with parsley.

## Nutrition

Calories: 402kcal | Carbohydrates: 60g | Protein: 29g | Fat: 5g |  
Saturated Fat: 1g | Cholesterol: 27mg | Sodium: 1252mg | Potassium:  
1406mg | Fiber: 16g | Sugar: 7g | Vitamin A: 3560IU | Vitamin C: 10.9mg  
| Calcium: 159mg | Iron: 5.3mg

**Yield:** Serves 8    **Author:** Stephanie - Plain Chicken.Com



by Ree | The Pioneer Woman  
in Main Courses, Poultry

#### Web Page

<https://tastykitchen.com/recipes/main-courses/chicken-tortilla-soup-17/>

## Chicken Tortilla Soup

Prep: 10 mins  
Cook: 1 hr 30 mins

Level: Easy  
Serves: 8

### Description

Chicken Tortilla Soup is one of my favorites because there's so much going on ... particularly at the end when you add the gorgeous toppings. Yum!

### Ingredients

- 2 whole Boneless, Skinless Chicken Breasts
- 1 Tablespoon Olive Oil
- 1-½ teaspoon Cumin
- 1 teaspoon Chili Powder
- ½ teaspoons Garlic Powder
- ½ teaspoons Salt
- 1 Tablespoon Olive Oil
- 1 cup Diced Onion
- ¼ cups Diced Green Bell Pepper
- ¼ cups Red Bell Pepper
- 3 cloves Garlic, Minced
- 1 can (10 Oz. Can) Rotel Tomatoes And Green Chilies
- 32 ounces, fluid Low Sodium Chicken Stock
- 3 Tablespoons Tomato Paste
- 4 cups Hot Water
- 2 cans (15 Oz. Can) Black Beans, Drained
- 3 Tablespoons Cornmeal Or Masa
- 5 whole Corn Tortillas, Cut Into Uniform Strips Around 2 To 3 Inches
- \_\_\_\_\_
- **FOR THE GARNISHES:**
- Sour Cream
- Diced Avocado
- Diced Red Onion
- Salsa Or Pico De Gallo
- Grated Monterey Jack Cheese
- Cilantro

### Preparation

Preheat oven to 375 degrees. Mix cumin, chili pepper, garlic powder, and salt. Drizzle 1 tablespoon olive oil on chicken breasts, then sprinkle a small amount of spice mix on both sides. Set aside the rest of the spice mix.

Place chicken breasts on a baking sheet. Bake for 20 to 25 minutes, or until chicken is done. Use two forks to shred chicken. Set aside.

Heat 1 tablespoon olive oil in a pot over medium high heat. Add onions, red pepper, green pepper, and minced garlic. Stir and begin cooking, then add the rest of the spice mix. Stir to combine, then add shredded chicken and stir.

Pour in Rotel, chicken stock, tomato paste, water, and black beans. Bring to a boil, then reduce heat to a simmer. Simmer for 45 minutes, uncovered.

Mix cornmeal with a small amount of water. Pour into the soup, then simmer for an additional 30 minutes. Check seasonings, adding more if needed—add more chili powder if it needs more spice, and be sure not to undersalt. Turn off heat and allow to



sit for 15 to 20 minutes before serving. Five minutes before serving, gently stir in tortilla strips.

Ladle into bowls, then top with sour cream, diced red onion, diced avocado, pico de gallo, and grated cheese, if you have it! (The garnishes really make the soup delicious.)

# Chicken Enchilada Soup Recipe



Crock Pot Green Chile Enchilada Soup is a new favorite soup packed with chicken, green chiles, corn, rice, and mixed with lots of spices and cheeses.

**Course** Main Course, Soup  
**Cuisine** Mexican

**Prep Time** 5 minutes  
**Cook Time** 3 hours 30 minutes  
**Total Time** 3 hours 35 minutes

**Servings** 6  
**Calories** 366 kcal  
**Author** Lil' Luna

## Ingredients

- 4 chicken breasts cooked and shredded
- 2 14.5 oz cans chicken broth
- 2 15 oz cans mild green enchilada sauce
- 2 4 oz cans diced green chiles
- 2/3 c water
- 1 1/2 TB cumin
- 1 TB chili powder
- 1 tsp onion powder
- 1 tsp garlic powder
- 2/3 c corn (if frozen, thaw out)
- 2/3 c instant rice
- 8 oz cream cheese
- salt and pepper
- Monterrey jack cheese

## Instructions

1. Place chicken broth, enchilada sauce, green chiles, water, cumin, chili powder, onion powder, garlic powder and shredded chicken in crock pot on HIGH. Cook for 3.5 hours.

2. After cooking for 3.5 hours add corn, rice and cubed cream cheese. Stir and cook for half hour.
3. Add salt and pepper to taste and top with Monterrey Jack Cheese.

## Nutrition Facts

Chicken Enchilada Soup Recipe

Amount Per Serving

**Calories 366**                      **Calories from Fat 153**

**% Daily Value\***

<b>Fat 17g</b>	<b>26%</b>
Saturated Fat 8g	<b>50%</b>
<b>Cholesterol 138mg</b>	<b>46%</b>
<b>Sodium 329mg</b>	<b>14%</b>
<b>Potassium 705mg</b>	<b>20%</b>
<b>Carbohydrates 15g</b>	<b>5%</b>
Fiber 1g	<b>4%</b>
Sugar 2g	<b>2%</b>
<b>Protein 36g</b>	<b>72%</b>
<b>Vitamin A 1010IU</b>	<b>20%</b>
<b>Vitamin C 2.7mg</b>	<b>3%</b>
<b>Calcium 65mg</b>	<b>7%</b>
<b>Iron 2.6mg</b>	<b>14%</b>

\* Percent Daily Values are based on a 2000 calorie diet.

Yield: 6-8 servings

# **CROCK POT CHEESY POTATO SOUP RECIPE**

This easy, cheesy potato soup recipe is the perfect comfort dish for those chilly winter months or anytime you're craving something delicious!



## **INGREDIENTS**

- 6 large peeled, Yukon Gold potatoes cut in 1/2 -inch cubes
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 teaspoons salt
- 1 teaspoon pepper
- 4-6 cups cups chicken broth
- 1 cup cold milk
- 3 tablespoons all-purpose flour

- ½ cup heavy cream or half and half
- 1 pound Velveeta Cheese, cut into chunks
- Bacon, fried and crumbled, optional
- green onions, optional

## INSTRUCTIONS

1. Add the potatoes, onion, garlic, salt, pepper and the chicken broth to a 4 quart or larger crook pot, stir and cook on high for about 3 ½ hours OR **6-8 hours on low**, until potatoes are completely cooked and fork tender.
2. At the end of the cooking time in step 1, whisk the 3 tablespoons of flour into the 1 cup of cold milk until smooth. Stir the flour mixture into the potatoes, add the ½ cup heavy cream, stir then cover and cook for another 30 minutes. Add the chunks of cheese and allow to melt. Garnish with bacon and green onions.

## NOTES

Note: This recipe calls for 4 cups of chicken broth. You can add another cup at the end if you find the soup is too thick for your liking. If you're shopping for a slow cooker, this one

is my favorite. Make a similar version of this soup in your Pressure cooker: [Instant Pot Cheesy Potato Soup](#).

© Crissy Page

*category:* **CROCK POT**

<https://dearcrissy.com/crock-pot-cheesy-potato-soup-recipe/>

Exclusive Member of Mediavine Food

## Stovetop and Oven Recipes

1. Mongolian Beef
2. Beef and Cabbage Stir Fry
3. Beef and Broccoli
4. Shepard's Pie
5. Beef Stew
6. Pulled Teriyaki Chicken Sliders

# Mongolian Beef



## Ingredients

- 1 1/2 lbs flank steak or skirt steak
- 1/4 cup cornstarch
- 2 Tbsp olive oil
- 1/2 tsp minced garlic
- 3/4 low sodium soy sauce
- 3/4 cup water
- 3/4 cup brown sugar
- 1 cup grated carrots
- 1 cup red bell pepper thinly sliced
- green onions for garnish
- white or brown rice

## Instructions

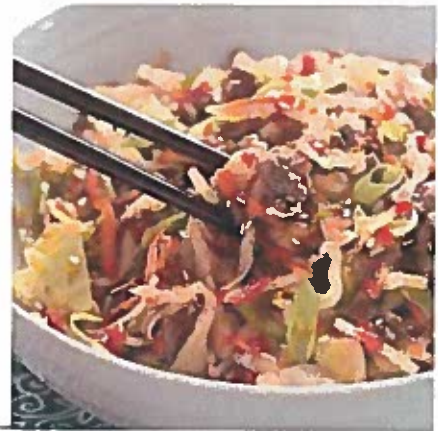
1. Cut flank steak into bite sized pieces. Place flank steak pieces and cornstarch in a Ziplock bag, zip close and shake to evenly coat.
2. Add olive oil, minced garlic, soy sauce, water, brown sugar, carrots, and red peppers into crock-pot, stir to mix. Add flank steak and evenly coat.
3. Cook on low 4-5 hours or high 2-3 hours until cooked through.
4. Serve on top of rice and garnish with green onions.

Mongolian Beef <https://www.mommysfabulousfinds.com/crock-pot-mongolian-beef/>



# Beef and Cabbage Stir Fry

This fast and easy Beef and Cabbage Stir Fry is a filling low carb dinner with big flavor and endless possibilities for customization.



---

Prep Time  
15 mins

★★★★★  
4.85 from 252 votes

---

Cook Time  
15 mins

---

Total Time  
30 mins

---

Total Cost: \$7.14 recipe / \$1.79 serving    Servings: 4 (1.5 cups each)

Author: [Adapted from Tasteaholics](#)

## Ingredients

### STIR FRY SAUCE

- 2 Tbsp soy sauce \$0.18
- 1 Tbsp toasted sesame oil \$0.33
- 1 Tbsp [sriracha](#)\* \$0.05
- 1/2 Tbsp brown sugar \$0.02

### STIR FRY

- 1/2 head green cabbage \$1.78
- 2 carrots \$0.22
- 3 green onions \$0.17

- 1/2 Tbsp neutral cooking oil \$0.02
- 1/2 lb. lean ground beef \$3.90
- 2 cloves garlic \$0.16
- 1 Tbsp fresh grated ginger \$0.13
- Pinch of salt and pepper \$0.05

### **GARNISHES (optional)**

- 1 Tbsp sesame seeds \$0.08
- 1 Tbsp sriracha \$0.05

### **Instructions**

1. Prepare the stir fry sauce first. In a small bowl stir together the soy sauce, toasted sesame oil, sriracha, and brown sugar. Set the sauce aside.
2. Shred the vegetables so they are ready to go when you need them. Cut one small cabbage in half, remove the core, and then finely shred the leaves of one half the cabbage (4-6 cups once shredded, save the other half for another recipe). Peel two carrots, then use a cheese grater to shred them (1 cup shredded). Slice three green onions. Mince two cloves of garlic. Peel a knob of ginger using either a vegetable peeler or by scraping with the side of a spoon, then grate it using a small-holed cheese grater.
3. Heat a large skillet over medium heat. Once hot add the cooking oil, ground beef, garlic, ginger, and a pinch of salt and pepper. Cook the beef until browned (about five minutes).
4. Add the cabbage and carrots to the skillet and continue to stir and cook until the cabbage is slightly wilted (or fully wilted, if you prefer). Stir in the prepared sauce and the green onions. Top with a sprinkle of sesame seeds and a drizzle of sriracha, then serve.

## **Notes**

\* 1 Tbsp sriracha makes a medium-spicy stir fry. If you don't like spicy, I'd start with 1 tsp. The sriracha adds flavor as well as heat, so I don't suggest skipping it all together.

Beef and Cabbage Stir Fry <https://www.budgetbytes.com/beef-cabbage-stir-fry/>

# Crazy Good Beef And Broccoli



An easy recipe for authentic Chinese beef and broccoli.

**Course** Main Course  
**Cuisine** Chinese

**Prep Time** 15 minutes  
**Cook Time** 20 minutes

**Servings** 2 servings  
**Calories** 719 kcal

## Ingredients

- 1 pound flank steak sliced into 1/4 inch thick strips
- 3 cups small broccoli florets
- 1/2 cup beef stock
- 5 cloves garlic minced
- 2 tablespoons corn starch
- 1 tablespoon canola oil

For the sauce:

- 1/2 cup low sodium soy sauce
- 1/4 cup brown sugar
- 2 teaspoons corn starch

## Instructions

1. Toss sliced beef in a large bowl with corn starch.
2. Heat canola oil in a pan over medium heat for a few minutes. Add sliced beef and cook until it browns, a few minutes, stirring frequently. Transfer to a plate and set aside.

3. Add broccoli and garlic to the pan, and stir. Add beef broth. Let simmer until the broccoli is tender, about 10 minutes, stirring occasionally.
4. While waiting for the broccoli to cook, combine all of the sauce ingredients in a bowl and mix well.
5. Add the reserved beef and sauce to the pan, and stir. Let simmer for 5 minutes so the sauce thickens a bit.
6. Serve beef and broccoli over cooked white rice.

# Shepard's Pie

## Ingredients:

Hamburger meat (ground beef)

Potatoes

Cream of mushroom soup (1 can)

Corn/Peas

Shredded Cheese

Garlic Salt

## Directions:

- 1) Cook hamburger meat
- 2) Cook and mash potatoes
- 3) Layer like a lasagna
- 4) Bake at 350 (20 minutes or so)
- 5) You can also freeze and pull out for another night

# Beef Stew

## Ingredients:

Stew Meat

Frozen bag of stew vegetables (potatoes, carrots, celery, onions)

1 envelope Lipton onion soup mix

1 or 2 cans stewed tomatoes (depends on how much juice you like)

## Directions:

- 1) Throw all ingredients in crock pot.
- 2) Cook on low all day
- 3) Serve with rice, noodles, or in delicious bread bowl

# Pulled Teriyaki Chicken Sliders

Pulled Teriyaki Chicken Sliders are full of the sweet and tangy flavors from the made from scratch teriyaki sauce; paired with grilled pineapple, melty cheese and a toasted bun this fun meal is a guaranteed winner.



0 from 0 votes

 **Course** Main Course

 **Cook Time** 5 minutes

 **Total Time** 20 minutes

 **Author** [Karli Bitner](#)

## Ingredients

- 1/2 cup soy sauce
- 1/2 cup crushed pineapple
- 1/2 cup granulated sugar
- 1 chicken breast
- 1 tbsp butter room temp
- 1 tbsp flour

## Instructions

1. Combine the soy sauce, crushed pineapple and sugar in the liner of the Instant Pot. Place the chicken breast in the liquid. The chicken breast should be no thicker than 1 inch. If it is thicker, either cut the breast in half or put the chicken in a zip top bag and use a rolling pin to flatten it a bit.



2. Cook on Manual HIGH for 5 minutes. NPR for 5 minutes and then quick release the remaining pressure. Take the chicken out of the Instant Pot and allow it to rest for an additional 5 minutes.
3. While the chicken is resting, create a paste with the butter and flour. Turn the Instant Pot onto saute and stir the paste into the sauce. Simmer until the sauce has thickened to your liking. Shred the chicken. Serve on toasted buns with a slice of pineapple. Drizzle the thickened sauce on the sandwich, or use it to dip in.