

### Crock Pot Chicken and Dumplings

Serves 6

Ingredients:

- 4 1/2 boneless chicken pieces
- 6 2/3 cups chicken broth
- 1 medium onion
- 3-6 bay leaves
- 2 garlic cloves minced
- salt
- pepper
- 1 1/3 cans of biscuits

### Blueberry Pancake French Toast

Serves 10

Ingredients:

- 1 4/5 cups Blueberries
- 6 1/2 Eggs
- 5 cups maple syrup
- 1/4 cup Brown sugar
- 1/3 tsp Cinnamon
- 1 4/7 cup Flour
- 1 cup powdered sugar
- 1/4 tsp Salt
- 1/2 cup Sugar
- 1 tbsp Vanilla
- 1/4 cup Butter
- 1 1/2 cups Milk

### Lemon Rosemary Yogurt Cake

Serves 6

Ingredients:

- 1 Lemon (zest)
- 1 tbsp rosemary
- 3 Eggs
- 5 tbsp Lemon juice
- 2 tsp Baking powder
- 3 cup sugar
- 1 1/2 cups Flour
- 1/2 tsp Salt
- 2 tsp Vanilla
- 3/4 cup Butter
- 1/2 cup vanilla yogurt

### Homemade Mac and Cheese Bites

Serves 4

Ingredients:

- 3/4 pound macaroni
- 2 tablespoons butter
- 2 tablespoons flour
- 1 3/4 cups milk
- 2 cups shredded sharp cheddar cheese
- 2 ounces cream cheese
- 1/3 teaspoon salt
- 2/3 teaspoon pepper
- 1 egg

### Zucchini Corn Pancakes

Serves 4

Ingredients:

- 4/7 tsp Basil, dried
- 1 cup Corn, canned or roasted frozen kernels
- 8/9 tsp Garlic powder
- 4/5 tsp Oregano, dried
- 1 lb Zucchini
- 4 Eggs, large
- 3/4 cups All-purpose flour
- 1 tsp Salt
- 2 tbsp Olive oil
- 1/3 cup Cheddar cheese

### Spinach and Ricotta Pizza

Serves 8

Ingredients:

- 1/2 red onion
- 1 3/4 cup Spinach
- 1 1/2 pinch Salt/pepper
- 1 tbsp Olive oil
- 11 ounce can of pizza dough
- 2 cup Mozzarella, grated
- 4 tbsp Parmigiano reggiano, grated
- 1/2 cup Ricotta

### Thai Pumpkin Soup

Serves 4

Ingredients:

- 2 15 ounce cans pumpkin puree
- 1 1/3 Red chili pepper, large
- 3 4/5 cups chicken or vegetable broth
- 1 3/4 cup Coconut milk
- 2 tbsp Red curry paste

### Spicy Sausage, Potato and Kale Soup

Serves 6

Ingredients:

- 1 pound spicy italian sausage
- 2 tablespoons butter
- 1 large onion, chopped
- 3 garlic cloves, minced
- 1 teaspoon salt
- 1 teaspoon freshly black pepper
- 1/2 teaspoon crushed red pepper
- 2 large bunches of kale
- 1/4 teaspoon grated nutmeg
- 4 medium or 2 large potatoes
- 8 cups chicken broth or stock
- 1/2 cup heavy cream

### Fried Rice

Serves 8

Ingredients:

- 3 tbsp butter
- 2 eggs
- 2 medium carrots, peeled and diced
- 1 small white onion, diced
- 1/2 cup frozen peas
- 3 cloves garlic, minced
- 1 pinch salt and pepper
- 4 cups cooked and chilled rice
- 3 green onions, thinly sliced
- 3-4 Tbsp. soy sauce
- 1/2 tsp. toasted sesame oil

### Creamy Chicken and Mushroom Soup

Serves 6

Ingredients:

- 8 oz chicken pieces
- 3 1/2 Carrots
- 2 stalks Celery
- 8 1/2 oz Cremini mushrooms
- 3 cloves Garlic
- 1 Onion
- 1 sprig Rosemary
- 1/2 tsp Thyme, dried
- 4 cups Chicken stock
- 1/4 cup All-purpose flour
- 1 pinch salt
- 1 pinch black pepper
- 1 5/8 tbsp olive oil
- 2 1/2 tbsp butter, unsalted
- 1/4 cup cream

### Chipotle Lime Shrimp Tacos

Serves 4

Ingredients:

- 1 lb shrimp
- 1 Avocado
- 1 Cabbage
- 1 Cilantro
- 2 Lime, zest
- 3 tbsp Chipotle in adobo
- 1/4 cup Honey
- 6 tbsp Lime juice
- 1 pinch of Salt and pepper
- 1/4 cup Olive oil, extra virgin
- 8 white corn tortillas
- 1 queso fresco
- 1/2 cup sour cream

### Chicken Parmesan Baked Pasta

Serves 6

Ingredients:

- 12 ounces penne pasta
- 2 cups shredded, cooked chicken
- 1 (25 ounce) jar of pasta sauce
- 1 1/2 cups shredded mozzarella cheese
- 1/3 cup freshly-grated Parmesan cheese
- 1/4 cup packed fresh basil leaves, roughly chopped

### Crispy Cheese and Bacon Potatoes

Serves 6

Ingredients:

- 1/2 pound bacon
- 3 large russet potatoes, peeled and chopped - 6 cups
- 1 teaspoon kosher salt
- 3/4 teaspoon freshly ground black pepper
- 1 1/2 cups shredded cheddar or Mexican blend shredded cheeses
- 3 green onions, sliced thin

### Sweet and Sour Chicken

Serves 6

Ingredients:

- 3-5 chicken breast
- 1 pinch salt and pepper
- 1 cup cornstarch
- 2 eggs, beaten
- 1/3 cup canola oil
- 3/4 cups white sugar
- 4 Tablespoons ketchup
- 1/2 cup white distilled vinegar
- 1 Tablespoon soy sauce
- 1 teaspoon garlic salt