

Montana Meatloaf

Servings: 4

Ingredients

1/4 cup onion
1/4 cup diced, green bell pepper
1/4 tablespoon minced, garlic
1 egg
1/4 teaspoon thyme
1 1/2 teaspoons parsley
1/4 cup milk
1 teaspoon butter
1/8 cup ketchup
1 pound ground turkey
2 ounces bread crumbs, (or 1 cup raw shredded carrot)

Glaze

1/4 cup ketchup, or tomato sauce
1/8 cup brown sugar
2 tablespoons balsamic vinegar
1/4 cup water
1/4 teaspoon allspice

Directions

In a bowl, combine onion, bell pepper, garlic, egg, thyme, parsley, milk, butter, ketchup, ground turnkey, and bread crumbs or shredded carrots. Mix completely.

For the meatloaf glaze, combine ketchup, brown sugar, balsamic vinegar, water, and allspice until thoroughly blended.

Bake at 350 for 45 minutes in a loaf pan or 30 minutes for muffins. During the last 10 minutes of cooking, add meatloaf glaze. Bake until internal temperature reaches 165 degrees.

This recipe is great to double, triple, or quadruple! Very easy to freeze in ziploc bags for future use.

Powerhouse Chicken Sausage

Servings: 6

Ingredients

1 pound chicken sausage
3 pounds sweet potatoes
1 packet Lipton, onion soup mix
2 cups kale, chopped
1 cup broccoli
1 cup quinoa

1/3 cup olive oil
2 cups water
2 tablespoons basil
2 medium, apples, diced

Directions

Preheat oven to 450 degrees F. In a large bowl, toss the dry onion soup mix, sweet potatoes and vegetable oil until the sweet potatoes are well coated. Arrange the mixture on a deep 9x13 pan. Bake in the preheated oven 30 minutes.

Meanwhile, cook chicken sausage until there is no pink. Add chopped kale. Cook for 5 minutes. Add chopped broccoli. Cook another 5 minutes. Add apples. At the same time, boil water for quinoa in quart pan. Add uncooked quinoa. Cook for 20 minutes on low. Add sausage mixture to sweet potatoes. Sprinkle basil on top. Bake another 15 minutes. Add quinoa if your dish has space. Serve warm.

Diced Potatoes & Eggplant

Ingredients

5 potatoes, diced
1 eggplant, diced
1 tablespoon Italian seasoning
1/2 tablespoon Roasted Garlic Seasoning

Directions

Bake at 400 degrees for 30 minutes or until crispy.

Savory Butternut Squash

Servings: 4

Ingredients

2 butternut squash, peeled & diced
5 tablespoons butter
3 cloves garlic, minced
1 tablespoon brown sugar

Directions

Bake at 400 degrees for 35-40 minutes until crispy. *My kids cried when we ran out of this!*

Sweet Potato Mash

Servings: 4

Ingredients

2 pounds sweet potatoes, peeled and shredded
4 tablespoons butter
1 teaspoon garlic powder
1 teaspoon kosher salt
1/2 teaspoon pepper

Directions

Heat butter in skillet. Add sweet potatoes and seasoning. Cook for 10-15 minutes until soft.

Cauliflower Rice

Servings: 4

Ingredients

1 head, cauliflower
3 tablespoons olive oil
kosher, salt
1 tablespoon Roasted Garlic Seasoning or Salsa Seasoning

Directions

Cut up the cauliflower into a food processor and pulse until the mixture resembles rice. (If you feel lazy, you can cut it up in florets and cook the same way. Or you can crisp it in the oven)

Heat the oil in a large skillet over medium-high heat. Add the cauliflower and stir in seasonings. Stir frequently, until the cauliflower has softened, about 5-7 minutes. Remove from the heat. To make extra fluffy or to use in pizza crust, strain the liquid using a dish towel. Serve warm.

Dump Stew (Slow Cooker)

Servings: 4

Ingredients

Protein Choices:

- 1 pound chicken, cooked
- 1 pound ground beef
- 1 pound ground turkey
- 1 pound beans, cooked
- 1 pound sausage, diced

Veggies Options:

- 4 potatoes
- 4 sweet potatoes
- 1 onion
- spinach
- kale
- winter squash
- asparagus, diced
- green beans
- corn
- cabbage, diced
- carrots, diced
- celery, diced
- tomatoes
- apples

Choice of Spices

- taco seasoning
- poultry seasoning
- roasted garlic seasoning
- green chili, to taste
- cayenne powder, to taste
- Italian seasoning, to taste
- cinnamon, to taste (good with sausage & sweet potatoes)

Directions

One of my go-to recipes! Choose your ingredients from the list above and dump into a Crockpot for 8 hours with some chicken/ beef broth or water. This is a great way to empty out the fridge and avoid wasting food!

Name Your Chicken (Slow Cooker)

Servings: 4

Ingredients

2-3 pounds chicken breast
1 onion, diced
2 cups spinach or kale, chopped

Choice of Toppings

- BBQ Sauce
- Salsa
- Italian Dressing
- Caesar Dressing with 1/2 cup of Parmesan Cheese
- Thai Chicken (1/2 cup peanut butter, 1 cup salsa, 1 tablespoon soy sauce, 1 teaspoon ginger_
- Sweet & Spicy (1/2 cup brown sugar, 1 teaspoon garlic powder, 1 cup soy sauce, 1 cup chicken broth)
- Honey Mustard Chicken (1/2 cup honey, 1/4 cup mustard, 4 gloves garlic, 2 tablespoons soy sauce)
- Honey Cilantro Lime (1/3 cup honey, 1/4 cup lime juice (fresh or bottled), 4 cloves garlic, 1 can green chilies, 1/2 bunch cilantro - add cilantro at beginning)
- Teriyaki sauce

Directions

Place chicken in a slow cooker and cook on low heat for 4-8 hours. Remove excess water from Crockpot after 4-6 hours. Pull chicken into shreds.

Pick your choice of topping. Stir preferred amount of topping until mixed evenly. Cover and cook on high heat for 30 minutes or until mixture is hot.

Spoon 1/4 cup mixture onto each slider bun if you are making sliders or more for regular sized buns. Or make lettuce wraps!

Whole 30 Egg Casserole

Ingredients

4 potatoes diced
1 onion chopped
2 cups spinach or kale chopped
2 cloves garlic minced
1 can green chilies or 1/2 cup fresh green chili
3/4 cup water
salsa seasoning
10 eggs

Directions

Preheat oven to 375 degrees.

Place olive oil in pan; cook the minced garlic, chopped onions and potatoes. Once the onions begin to become translucent, sprinkle a bit of kosher salt and pepper on top and cover to help steam the potatoes and cook quicker.

Once potatoes are tender after about 4-5 minutes, toss in the spinach and cover once more to help the spinach wilt. Once the spinach is wilted, place mixture in 9x13 greased pan and spread evenly. Evenly sprinkle salsa seasoning on top of potato mixture. Pour green chilies and water on top.

Whisk together 10 eggs in a separate bowl. Pour on top of potato mixture.

Bake for 45-50 minutes. Use a toothpick to check if eggs are fully cooked.

(This entire recipe can be made the night prior up until baking. It just may take longer to cook)

Shepherd's Pie

Servings: 6

Ingredients

4 potatoes	1/2 teaspoon paprika
1 pound ground beef	1/4 teaspoon sage
1 diced, onion	1/2 teaspoon cayenne pepper
1 diced, red bell pepper	1 (9-ounce pie) tin pie shell (or without too)
3 cloves diced, garlic	1 (15-ounce) can cream-style corn, (Can substitute cream of chicken and frozen corn/peas for cream of corn)
2 tablespoons butter	1/2 cup cheese, optional
1/4 cup milk	
3/4 teaspoon allspice	

Directions

Microwave potatoes until tender about 12 minutes. Preheat oven to 350 degrees. Brown the ground beef and onion in a large skillet. Add allspice, paprika, sage, and cayenne pepper. Add bell pepper. Drain excess fat.

Mash potatoes with butter, milk, salt, and pepper.

Spread the beef mixture in the bottom of the pie shell or casserole dish. Pour the cream-style corn over. Spread mashed potatoes to cover the top of pie. Bake for 30 minutes. Add cheese (optional) in the last 5 minutes of cooking.

Cheesy Stuffed Shells

Servings: 5

Ingredients

- 3 (16-ounce) containers low fat, cottage cheese
- 1 package (10 oz.) frozen chopped, spinach , thawed, well drained or 3 cups fresh spinach, chopped and cooked
- 2 cups shredded mozzarella, cheese , divided
- 1/2 cup Parmesan cheese
- 3 teaspoons Italian seasoning
- 1 box jumbo, pasta shell , cooked, drained (most have 35)
- 1 (32-ounce) jar spaghetti sauce

Directions

Heat oven to 400°F.

Mix cottage cheese, spinach, 1/2 cup mozzarella, Parmesan and seasoning; spoon into shells. Spoon half of pasta sauce into 2 - 13x9-inch baking dish. Add filled shells; top with remaining sauce. Cover.

Bake 30 min. or until heated through. Top with remaining mozzarella; bake, uncovered, 2 min. or until melted.

*** This recipe is written to make two dishes. One to serve and one to freeze/giveaway. ***

Midwest BBQ Pasta Salad

Servings: 6

Ingredients

- 1 pound rotini, pasta
- 1 cup ranch dressing
- 3/4 cup bbq sauce
- 2 cups cooked, chicken, chopped...(optional)
- 1/2 cup bacon cooked and crumbled or, bacon bits (optional)
- 1/2 cup green bell pepper(diced)
- 1/2 cup cucumber

***Don't have BBQ sauce or ranch dressing, substitute Italian dressing.*

Directions

Cook pasta, drain and rinse with cold water. Place all ingredients in large bowl and add salt, pepper, garlic powder, and parmesan cheese mix into salad well. Chill for several hours before serving. Can be made with chicken for a main dish.