

Crock Pot Beef Stew

- 1 large onion, diced
- 1 ½ lb lean stew meat, cut in 1 inch chunks
- 2 cups water
- 2 tsp beef bouillon or 2 cups beef stock
- 1 ½ cups V-8 juice
- ⅓ cup Country Bob's All Purpose Sauce
- 3 clove of garlic
- 4 medium potatoes, cut in 1 inch cubes
- 1 lb carrots cut up
- Salt & Pepper to taste
- Optional- bunch of celery

Instructions

Add onion, meat, water, beef bouillon, V-8 juice, Country Bob's sauce, and garlic clove into your freezer bag.

Write on the bag:

1. Dump contents of the freezer bag into your crock pot.
2. Add 4 medium potatoes, cubed and 1 pound of chopped carrots.
3. Cook on high 6-7 hours or low for 8-9 hours.

Salsa Verde Pork

- 2 lbs boneless pork loin roast, lean, all fat trimmed off
- salt and pepper to taste
- ¾ cup diced onion
- 2 cans (4.25 oz each) diced green chiles
- 2 tbsp chopped jalapeño, or more to taste
- 10 oz can diced tomatoes and green chilies (Ro*Tel Mild)
- ½ cup fat-free low-sodium chicken broth
- 1 tbsp cumin
- ½ tsp garlic powder
- salt and fresh ground black pepper, to taste

Instructions:

Place all the ingredients in the freezer bag.

Write on the bag:

1. Dump contents of the freezer bag into your crock pot.
2. Cook on low for 7- 8 hours or high for 4-5 hours.

Serve with rice

Tortilla Soup

- 1 ½ - 2 large boneless, skinless chicken breasts
- 1 (24 oz) can whole peeled tomatoes, mashed
- 1 (10 oz) can enchilada sauce
- 1 medium onion, chopped
- 1 (4 oz) can chopped green chile peppers
- 2 cloves garlic, minced
- 4 cups water
- 2 teaspoons chicken bouillon
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- Crumbled tortilla chips
- cream (sour or Mexican)
- shredded cheese (cheddar or Mexican mix)

Instructions:

Place chicken, tomatoes, enchilada sauce, onion, green chiles, garlic, water, chicken bouillon, and spices into a freezer bag.

Write on the bag:

1. Dump contents of the freezer bag into your crock pot.
2. Cover, and cook on high for 4 to 6 hours or low for 6 to 8 hours
3. When it's done remove chicken and shred with 2 forks. The smaller the better since you can't really cut up your soup.
4. Tip - once you remove the chicken place the chunky stuff into a blender and blend until smooth. My kids don't like chunks but they loved this soup!
5. To serve, mix in some cream, cheese and tortilla chips.

This was a huge hit in our house. My son even asked for it the next day and he's only 4 years old!

Ranch Pork Chops

- 1 (1oz) packet Ranch Dressing powder
- 6 boneless pork chops, 1/2 inch thick
- 1 can cream of mushroom or chicken soup
- ½ cup milk

Instructions

Add the pork chops and ranch dressing packet in a freezer bag.

Write on the bag:

1. Dump contents of the freezer bag into your crock pot. Add a can of cream of mushroom soup and ½ milk.
2. Cover and cook on high for 4-6 hours or low 6-8 hours.

We love to eat this with mashed potatoes and broccoli. It's important not to overcook them because it makes the best gravy!

Southwest Chicken

- 1 can of corn, drained
- 1 can of black beans, drained
- 1 16oz jar of salsa
- 3-4 chicken breasts (about 2 pounds)
- 1 8oz brick of cream cheese

Instructions:

Add the corn, black beans, salsa, and chicken to the ziploc bag.

Write on the bag:

1. Dump ingredients into the crock pot. Cook on high for 6-7 hours and low for 7-8 hours.
2. About 30 minutes before the meal is going to be served remove and shred the chicken.
3. Cut up the cream cheese into chunks and add to the crock pot with the chicken.

Serve over rice. We also added some shredded cheese on top and it was delicious!

If you are not a fan of black beans you can omit them or just add half the can. I don't really like them but they were good in this recipe.

