



1. Chicken Tacos

- 1 lb boneless skinless chicken breasts
- 1 packet chicken taco seasoning
- 1 package tortillas
- Shredded lettuce
- Sour Cream
- Shredded Cheese
- Salsa

Instructions:

Put chicken in crockpot, cover with seasoning * set desired cooking temp and time depending on your schedule.

TIP: When finished, shred chicken with hand mixer!

(from Dana White at A Slob Comes Clean)

Side Dishes

- HEB Queso Rice (follow package instructions)
- HEB Charro Beans (follow can instructions)

2. Cube Steak

- 1 to 2 lbs cube steak
- 2 cans Low Sodium Cream of Mushroom Soup

Instructions:

Put cube steak in crockpot, cover with cream of mushroom soup and set desired cooking temp and time depending on your schedule.

Side Dishes

- Fresh green beans (made in skillet)
- Mashed potatoes (let me know if you need a homemade recipe)

3. Crockpot Spaghetti

- 1 lb hamburger (precook) *add mushrooms if you like
- 1 teaspoon garlic salt (cook with hamburger)
- 1 large can of crushed tomatoes
- 2 small cans of tomato sauce

- 4 teaspoons parsley flakes
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 Package of spaghetti (follow package instructions)

Instructions:

Brown hamburger with garlic salt ahead of time, on day of spaghetti, put all ingredients in the crockpot, set on low.

Side Dish:

- Salad with dressing
- Garlic Bread
- Cottage Cheese

4. Teriyaki Chicken Lettuce Wraps

- 1 lb chicken breast
- 1 bottle Teriyaki sauce
- 1 container of romaine lettuce wraps

Instructions:

Place chicken in crockpot, cover with sauce, set desired cooking temp and time depending on your schedule.

Garnish with sliced almonds

Side dish:

- spring rolls

5. Shredded BBQ Chicken Thighs over Baked Potatoes

- 1 lb boneless skinless chicken thighs
- 1 bottle of bbq sauce

Instructions:

Place chicken in crockpot, cover with BBQ Sauce, set desired cooking temp and time depending on your schedule.

Cook clean and washed potatoes in oven 1 hour before serving.

*Disclaimer, I'm not a cook, these simple meals are what allows us to eat from home when we are constantly on the run. We are rarely home for more than one hour on any weeknight.

**Crockpot temperature and time will depend on how long you are gone. It is not recommended to put frozen meat in the crockpot.

***Don't forget the side dishes