

# Crock Pot Recipes

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## CHICKEN ALFREDO

*(Serve over noodles)*

### Ingredients

- 3-4 THAWED boneless chicken breasts
- 1 onion
- 1 yellow bell pepper
- 2 cups fresh spinach
- 3 garlic cloves - **we have**
- 1 package whole white mushrooms
- 2 jars of Alfredo sauce
- 1 tsp salt and pepper - **we have**
- 1 tsp Italian seasoning - **we have.**

### Instructions

1. Cube chicken and place in bottom of cooker.
2. Chop veggies and add spinach, spices and garlic to cooker.
3. Pour Alfredo sauce over everything and cook HIGH for 4 hours
4. Serve over noodles.

# MEXICAN CHILI

## Ingredients

- 1 lb ground beef
- 1 can black beans
- 2 large ripe tomatoes
- 1 onion
- 1 green bell pepper
- 1 red bell pepper
- 1 package of taco seasoning
- 1 can tomato paste
- Salt and pepper to taste.

## Instructions

1. Brown ground beef and add to cooker.
2. Strain black beans and chop veggies.
3. Add all remaining ingredients to cooker.
4. Stir and cook LOW for 6 hours.



# ITALIAN ZUCCHINI CASSEROLE

## Ingredients

- 1 lb ground beef
- 1 green bell pepper
- 2 larger zucchini
- 1 onion
- 1 can spaghetti sauce
- 1 can diced tomatoes
- 2 cups INSTANT white rice ( uncooked)
- 1 tsp garlic powder - **we have**
- 1 tsp Italian seasoning - **we have**
- Salt and pepper to taste
- 1 cup mozzarella cheese (shredded or bring a chunk to shred here).

## Instructions

1. Dice vegetables while ground beef is browning in pan, drain.
2. Place vegetables, ground beef, and all other ingredients except cheese into the Crockpot.
3. Stir until combined well, cover, and cook on LOW for 4 hours.
4. Sprinkle cheese over top, cover, and cook an additional 10 minutes or until cheese is melted.

