TACO CASSEROLE

Ingredients

- 1 pound ground meat of choice
- 1 onion
- 4-5 potatoes
- 1 can black beans
- 1 red bell pepper
- 1 pack taco seasoning
- 2 garlic cloves
- 1 can cheddar soup mix
- 1 can diced tomatoes

Instructions

1. Brown ground meat in skillet and add to cooker.
2. Peel and dice potatoes into ½ inch pieces. Add to cooker.
3. Dice onions, pepper and garlic before adding.
4. Drain beans and tomatoes and add.
5. Mix taco seasoning and cheddar soup together.
6. Add to cooker and mix well.
7. Cook LOW 5 hours or until potatoes are soft.

October 1st

BEEF TAGINE

Ingredients

- 2 pounds beef cubes (stewing meat)
- 1 large onion
- 1 small butternut squash
- 1 tablespoon minced garlic or 3 medium garlic cloves
- 1 tablespoon grated fresh ginger (break off a 1-inch chunk to buy) or powdered
- ½ teaspoon sugar **(we have)**
- 2 teaspoons cumin
- 1 teaspoon cinnamon **(we have)**
- 1 cup beef stock (1 beef bouillon cube)
- 1 can chickpeas.

Instructions

1. In a large skillet, heat 2 tablespoons of oil over high heat.
2. Add the beef stew stirring to brown until liquids evaporates.
3. Pour in your slow cooker.
4. In the same pan, add the remaining olive oil, sliced onion rings, ginger and garlic.
5. Sauté for 3 minutes or until fragrant, pour over the meat in the slow cooker.
6. Peel and cut ½ pound butternut squash into ¾-inch cubes and put in cooker.
7. Add DRAINED chickpeas and broth to cooker.
8. Cook LOW 5 hours. EAT WITH RICE.

October 6th & 8th

CREAMY SAUSAGE CASSEROLE

Ingredients

- 1 lb of cooked smokie sausages
- 4 potatoes
- 1 small onion
- 1 cup fresh green beans
- 1 package mushrooms
- 3 garlic cloves or
- 1 can condensed cheddar cheese soup
- ½ can water.

Instructions

1. Slice sausages into 1-inch pieces and add to sprayed cooker.
2. Peel and dice potatoes into 1–2-inch pieces and add.
3. Chop green beans, onions and mushroom. Add.
4. Dice garlic and add to cooker along with a mixture of soup and water.
5. Cook HIGH 4 hours or LOW 6.

October 13th & 15th

GRAVY CHICKEN AND BROCCOLI

Ingredients

- 4 boneless chicken breasts or 6 thighs
- 2 heads of broccoli
- 1 small onion
- 3 cloves garlic
- 2 packages beef gravy mix
- ½ cup water
- 1 tablespoon corn starch
- ¼ cup cold water.

Instructions

1. Cut chicken into 1-2-inch cubes (easier if partially frozen).
2. Chop broccoli up and add with chicken to cooker.
3. Dice onions and mice garlic and add.
4. In a small bowl, mix ½ cup water and two gravy packs together and add to cooker.
5. Cook HIGH 4 hours in total.
6. After 3 hours, add a corn starch slurry of 1 tbsp corn starch and ¼ cup water.
7. Let heat up for last hour and it will thicken sauce

October 20th & 22nd

CLASSIC ROAST DINNER

Ingredients

- THAWED roast pork of your choice
- 4 potatoes
- 4-5 large carrots
- 1 onion
- 2-3 garlic cloves
- 1 package gravy mix
- 1 package onion soup mix
- ½ cup water
- 1 tablespoon oil **(we have)**.

Instructions

1. In a hot skillet, add oil and brown/sear meat on all sides. Add to cooker.
2. Peel and chop potatoes and carrots into 2-inch pieces.
3. Slice onion and mince garlic. Add all to cooker.
4. In a bowl, mix the onion soup mix and gravy powder with ½ cup water. Add to cooker.
5. Cook LOW 6 hours or HIGH for 4-5 depending on how large your roast is.

October 27th and 29th