

Crockpot Cookbook:

Every meal has 4 servings

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Chicken Tex Mex Bowl:

Ingredients:

- 3 Chicken Breast
- 1 Taco Seasoning Packet
- 1 Diced White Onion
- 1 Package of Diced Sweet Peppers
- 1 Salsa Jar
- 1 Diced Jalapeno
- Chopped Cilantro
- 1 Cup Rice
- 2 Avocados

Steps:

- Throw Everything in on low for 7 hours/high for 3.5 hours
- Serve with Rice & Avocado

Macros:

- 452 Calories
- 48g Carbs
- 41g Protein
- 8g Fat



Chicken Parmigiana:

Ingredients:

- 1 Jar of Marinara Sauce
- 3 Chicken Breast
- ½ Cup Egg Whites
- Panko Crumbs or Corn Flakes
- Italian Seasoning
- ½ Cup Parmesan Cheese
- Mozzarella Cheese
- Spaghetti

Steps:

- Pour Marinara Sauce in Crockpot
- Create two bowl mixtures: (1) Egg Whites (2) Panko Crumbs/Corn Flakes with Parmesan and Italian Seasoning
- Place each chicken breast in bowl (1) and then bowl (2) before placing the chicken breasts in the crockpot
- Set on Low for 6 hours
- After 6 hours throw mozzarella cheese in there for 5-10 min
- Serve with Spaghetti

Pot Roast:

Ingredients:

- 1 Chuck Roast
- 1/2 bag of baby carrots
- 1/2 Diced White Onion
- 1 Slow Cooker Pot Roast Packet
- 1 Au Jus Gravy Packet
- 6 half sliced yellow potatoes
- Salt

Steps:

- Throw everything in on low for 6 hours

Chicken Pesto Pasta with Bowtie Pasta:

Ingredients:

- 3 Chicken Breast
- Half a Jar of Pesto Sauce
- Black Pepper
- ¼ Cup Olive Oil
- Salt
- Bowties

Steps:

- Throw everything in on high for 3 hours
- Serve with Bowties

Teriyaki Beef Stew with Rice & Green Beans:

Ingredients:

- 2 lbs Beef Stew
- 1/2 Diced White Onion
- 1 cup Teriyaki Sauce
- Black Pepper
- Salt
- 1 Cup Rice
- 1 Container of Canned Green Beans

Steps:

- Throw everything in on high for 3 hours
- Serve with Rice

Asian Soy Chicken with Rice:

Ingredients:

- 3 Chicken Breast
- 1 cup Low Sodium Soy Sauce
- Garlic Powder
- Black Pepper
- Minced Garlic
- Salt
- 1 Cup Rice

Steps:

- Low for 7 hours
- Serve with Rice

Buffalo Chicken with Rice:

Ingredients:

- 3 Chicken Breast
- 1 Ranch Seasoning Packet
- 1 Cup Buffalo Franks Hot Sauce
- Mozzarella Cheese
- 1 Cup Rice

Steps:

- Low for 7 hours
- Once completed add mozzarella cheese on top for 5-10 min
- Serve with Rice

Macros:

- 409 Calories
- 41g Carbs
- 7g Fat
- 46g Protein



Pork Chops with Mashed Potatoes & Corn:

(3 Servings)

Ingredients:

- 3 Pork Chops
- 1 Cup Chicken Broth
- 2 Tablespoons Minced Garlic
- 1 Tablespoon Paprika
- ½ Teaspoon Italian Seasoning
- ½ Teaspoon Black Pepper
- ½ Teaspoon Salt
- 1 Container Canned Corn
- 1 Packet of Quick Mashed Potatoes

Steps:

- Throw Everything in on Low for 6 hours
- Serve with Mashed Potatoes and Corn

Macros:

- 412 Calories
- 41g Carbs
- 15g Fat
- 31g Protein



Onion Soup Chicken & Potatoes:

Ingredients:

- 4 Chicken Breast
- 1 Bag of Frozen Green Beans
- 1 Small Bag of Red Potatoes
- 1 Packet of Onion Soup Mix
- ½ Cup Chicken Broth
- ½ oz Slices of Butter

Steps:

- Low for 8 hours OR High for 4 hours

Macros:

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Garlic Butter Steak Bites:

Ingredients:

- 1lb Beef Stew
- Salt
- Pepper
- Garlic Powder
- 1 tsp Minced Garlic
- 1 White Onion Diced
- 24 oz Golden Potatoes Diced
- ½ oz Butter

Steps:

- Low for 8 hours OR High for 4 hours

Macros:

