EASY MEALS
SIMPLE TASTY RECIPES

CROCKPOT CHILI
2 lbs ground meat
1 large onion diced
2 cans red kidney beans
2 cans diced tomatoes
1 can tomato sauce
2 tsp cumin powder
1 1/2 tbsp chili powder
Salt and pepper to taste

Cook ground meat and combine all ingredients in a large pot or crockpot. Cook low for 6 hours.
Serve warm and enjoy!

VEGGIE PENNE
1 cup penne pasta
1 can mushroom
1 cup sliced zucchini
1 can diced tomato
1 clove garlic minced
1 tsp dried oregano
1 tbsp olive or canola oil
Salt and pepper to taste

Boil and drain penne pasta. Combine pasta and other ingredients in a large saute pan and cook. Serve warm with shredded cheese.

BAKED BROWN RICE
1 cup of brown rice
1 tbsp canola or olive oil
2 1/2 cups of water
1 can of peas and/or carrots
1 can of beans (black pinto, etc.)
Preheat oven to 425°F. Combine and mix all ingredients in a casserole dish. Place dish covered in oven for 45-55 minutes or until fork-tender. Serve as a side or a main dish.