



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 TBS 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.

