

Recipe Name	Ingredients	Measured Ingredients per Recipe
Beef & Broccoli	Broccoli, Fresh or Frozen	3 to 4 cups broccoli florets
Beef & Broccoli	Broth, Beef	½ to ¾ cup beef broth (depending on how much sauce you want)
Beef & Broccoli	Cornstarch	2 tablespoons cornstarch
Beef & Broccoli	Honey	2 tablespoons honey
Beef & Broccoli	Mushrooms, Fresh	1 to 2 cups fresh mushrooms, sliced
Beef & Broccoli	Onion, White	1 med onion (sliced or cut into rings)
Beef & Broccoli	Roast, Beef	1½ pounds beef roast or steak cut into strips (steak will be more tender)
Beef & Broccoli	Soy Sauce	2 tablespoons soy sauce
Beef & Broccoli	Water	¼ cup cold water
Beef & Noodles	Beef, Tips	2 pounds of beef roast or beef tips
Beef & Noodles	Gravy, Au Jus Mix	1 packet Au Jus Gravy mix
Beef & Noodles	Mushrooms, Canned	1 large can of sliced mushrooms (optional)
Beef & Noodles	Noodles, Frozen Egg	1 12-16 ounce package frozen egg noodles
Beef & Noodles	Seasoning, Kitchen Bouquet	1 tablespoon of Kitchen Bouquet Browning & Seasoning Sauce (optional)
Beef & Noodles	Soup Mix, Beef Onion	1 packet beefy onion soup mix
Beef & Noodles	Soup, Cream of Mushroom	2 cans of cream of "something" (I used a cream of mushroom & a golden
Cheater Rolls	Biscuits, Canned	1 can Grands "Flaky Layers" Biscuits
Cheater Rolls	Butter	1 stick of Butter
Crockpot Angel Chicken	Broth, Chicken	½ cup chicken broth
Crockpot Angel Chicken	Cheese, Cream Cheese	1 block of cream cheese, softened or diced into chunks
Crockpot Angel Chicken	Cheese, Parmesan	Parmesan cheese (optional but delicious)
Crockpot Angel Chicken	Chicken Breasts, Boneless & Skinless	2 pounds boneless chicken (any type) diced into chunks
Crockpot Angel Chicken	Onions, Green	green onions or parsley for garnish (optional)
Crockpot Angel Chicken	Pasta	1 pound of pasta, cooked al dente ahead of time
Crockpot Angel Chicken	Seasoning, Italian Dressing Mix	2 packets Italian dressing mix
Crockpot Angel Chicken	Soup, Cream of Mushroom	2 cans cream of mushroom ~or~ cream of chicken
Crockpot Chili	Beans, Kidney (canned)	2 cans red kidney beans
Crockpot Chili	Beef, Ground	1-pound ground beef
Crockpot Chili	Garlic	2 teaspoons garlic
Crockpot Chili	Onion, White	1 medium onion
Crockpot Chili	Peppers, Sweet	2 sweet peppers
Crockpot Chili	Pork, Ground	1/2-pound ground pork
Crockpot Chili	Seasoning, Chili	2 packets chili seasoning
Crockpot Chili	Tomatoes, Canned	2-3 cans "chili ready" tomatoes
Crockpot Chili	Tomatoes, Sauce	2 cans tomato sauce
Crockpot Cornbread	Corn Muffin Mix	2 boxes Jiffy Corn Muffin Mix
Crockpot Cornbread	Corn, Cream Style	1 can cream style corn ~or~ ½ can + 4 tablespoons butter
Crockpot Cornbread	Egg	2 eggs
Crockpot Cornbread	Milk, Evaporated	½ to ¾ cup milk (depending on how "soupy" your creamed corn is)
Crockpot Cornbread	Sugar	2 tablespoons sugar (optional but great for sweeter cornbreads)
Crockpot Green Beans	Bacon, Package	1 packet bacon bits, not imitation ~or~ 1 packet of cooked & crumbled
Crockpot Green Beans	Broth, Beef	2 teaspoons beef flavored "Better Than Bouillon" ~or~ beef broth
Crockpot Green Beans	Garlic	2 cloves garlic, crushed
Crockpot Green Beans	Green Beans	2 pounds fresh green beans
Crockpot Green Beans	Onion, Yellow	1 large yellow onion, sliced
Crockpot Green Beans	Potatoes, Red	2 red potatoes, washed and cubed
Crockpot Rice	Butter	4 teaspoons butter, coconut oil or olive oil

Recipe Name	Ingredients	Measured Ingredients per Recipe
Crockpot Rice	Herbs	3 tablespoons herbs and/or spices (optional)
Crockpot Rice	Rice	4 cups long-grained brown rice
Crockpot Rice	Water	6 cups liquid (water or half water & half sodium free stock/broth)
Ham and Cheese Breakfast Casserole	Cheese, Shredded	1½ cups of shredded cheese
Ham and Cheese Breakfast Casserole	Egg	12 eggs
Ham and Cheese Breakfast Casserole	Garlic	2 teaspoons minced garlic (optional)
Ham and Cheese Breakfast Casserole	Ham	2 cups of diced ham, bacon or sausage
Ham and Cheese Breakfast Casserole	Hash Browns	20-ounce bag of frozen hash browns
Ham and Cheese Breakfast Casserole	Milk, Evaporated	1 ¼ cup cream or milk (or half and half)
Ham and Cheese Breakfast Casserole	Mushrooms, Canned	¾ cup mushrooms (optional)
Ham and Cheese Breakfast Casserole	Onion, Yellow	¾ cup onions (optional)
Ham and Cheese Breakfast Casserole	Seasoning, Creole	1 teaspoon creole seasoning (optional)
Kielbasa & Kraut	Butter	1 tablespoon butter
Kielbasa & Kraut	Honey	2 tablespoons honey or brown sugar (optional)
Kielbasa & Kraut	Onions, White	1 medium onion, sliced thin
Kielbasa & Kraut	Sauerkraut	2-pound bag sauerkraut
Kielbasa & Kraut	Sausage, Kielbasa	1 or 2 packages of kielbasa sausage (depending on how much meat you want)
Kielbasa & Kraut: FakeOut Ruebens	Bread, Rye or Sourdough	Rye bread
Kielbasa & Kraut: FakeOut Ruebens	Cheese, Swiss (sliced)	Swiss cheese slices
Kielbasa & Kraut: FakeOut Ruebens	Mustard, Brown	Spicy brown mustard
Ranch Chicken and Mushrooms	Broth, Chicken	1 cup chicken broth
Ranch Chicken and Mushrooms	Butter	4 tablespoons butter (optional)
Ranch Chicken and Mushrooms	Chicken Breasts, Boneless & Skinless	2 pounds chicken breasts, cut into bite sized pieces
Ranch Chicken and Mushrooms	Cornstarch	3 tablespoons corn starch + ¼ cup cold water
Ranch Chicken and Mushrooms	Mushrooms, Fresh	1 canister mushrooms
Ranch Chicken and Mushrooms	Onion, White	1 onion (optional)
Ranch Chicken and Mushrooms	Seasoning, Ranch	2 packets ranch seasoning
Slow Cooker General Tso Chicken	Better than Bouillon, Chicken	1 tble Chicken flavored Better Than Bouillon
Slow Cooker General Tso Chicken	Broccoli, Fresh or Frozen	½ to 1 full bunch of broccoli cut into medium size florets
Slow Cooker General Tso Chicken	Chicken Breasts, Boneless & Skinless	3 pounds boneless, skinless chicken breasts, cut into large chunks
Slow Cooker General Tso Chicken	Cornstarch	½ cup Cornstarch
Slow Cooker General Tso Chicken	Cornstarch	1 cup Cornstarch
Slow Cooker General Tso Chicken	Egg	1 beaten egg
Slow Cooker General Tso Chicken	Garlic	2 teaspoons garlic, minced
Slow Cooker General Tso Chicken	Ginger	1½ teaspoon ginger, minced
Slow Cooker General Tso Chicken	Onions, Green	2 cups diced onions, any combination of green, yellow and white
Slow Cooker General Tso Chicken	Peppers, Dried Hot	¼ cup dried hot peppers (remove seeds for milder flavor)
Slow Cooker General Tso Chicken	Sherry	¼ cup Sherry
Slow Cooker General Tso Chicken	Soy Sauce	½ cup Soy Sauce
Slow Cooker General Tso Chicken	Soy Sauce	¼ cup Soy Sauce
Slow Cooker General Tso Chicken	Sugar	¾ cup Sugar
Slow Cooker General Tso Chicken	Water	1 cup Water
Slow Cooker General Tso Chicken	White Wine Vinegar	¼ cup White Wine Vinegar