

## **Meatloaf in a Mug**

Serves: One

### **Ingredients:**

- 1/4 pound lean ground beef (85% lean or leaner)
- 2 tablespoons oatmeal
- 1 tablespoon ketchup
- 2 teaspoons nonfat milk
- 1 teaspoon dry onion mix

### **Instructions:**

1. Spray microwave-safe mug with cooking spray.
2. Combine all ingredients and stir to mix.
3. Pat beef mixture into mug. Make a small hole in center, all the way to the bottom. Wash hands.
4. Microwave on high (100%) for 3 minutes or until done.

### **\*Chef Tips:**

Cooking time will increase if more than one meat loaf is placed in the microwave at a time.

Leftover dry onion mix can be used as a seasoning for baked or microwaved vegetables.

## **Red Beans and Rice**

Serves: Three

### **Ingredients:**

- 1 cup uncooked rice, preferably brown
- 1 cup cooked or 15oz canned dark red kidney beans, rinsed
- 2 Garlic cloves, minced
- 1 teaspoon Cajun seasoning
- 1½ Stalks celery, chopped
- 1 Small onion, chopped
- 1 Green bell peppers, chopped
- 2 cups water or vegetable broth
- salt and black pepper to taste
- hot sauce to taste
- ⅛ pound cooked sliced sausage optional

### **Rice Cooker Directions:**

Place all ingredients in the rice cooker. Cook for one cycle. (Cook time can vary depending on rice cooker.)

When done cooking, fluff with a fork and season to taste.

### **Slow Cooker Directions:**

1. Place all ingredients except rice in slow cooker.
2. Cook for 4 hours on high. Stir.
3. Add rice and cook for 2 1/2 hours more.

\*Chef tips: Serve with fresh chopped parsley add a side of okra or collard greens for a complete meal.

## **Slow Cooker Oatmeal**

Serves: Four

### **Ingredients:**

- 3 cups Water
- 1½ cups Steel-cut oats
- ½ teaspoon Ground cinnamon
- Dash of salt
- 1 Apple peeled and cubed, optional

### **Directions:**

1. Combine all ingredients in slow cooker.
2. Cook on low for 6-8 hours, or until oats are tender.

\*Chef Tips: Start your oatmeal before bed to have breakfast hot and ready when you wake up!

Top with other ingredients such as nuts, dried fruit, milk, and/or honey.

## **Microwave Cheese and Pepper Scramble in a Mug**

Serves: One

### **Ingredients:**

- 2 Eggs
- 2 tablespoon Milk
- 2 tablespoons Cheddar cheese, shredded
- 1 tablespoon Tomato, chopped
- 1 teaspoon Pickled jalapeño pepper, minced
- Pinch each salt and pepper

### **Directions:**

1. Whisk together eggs, milk, cheese, tomato, jalapeño, salt and pepper.
2. Pour into well-greased 12-oz microwave-safe mug. Microwave on High for 30 seconds; stir. Microwave for 70 to 80 seconds, or until eggs are puffed and set.

\*Chef Tips: Try with other ingredients such as shredded spinach, diced red bell pepper, ham or salsa. Get creative!

## **Slow Cooker Minestrone**

Serves: Seven

### **Ingredients:**

- ½ Onion
- 2 pieces Garlic cloves, chopped fine
- 1 tablespoon Olive oil
- ½ tablespoon Dried oregano
- ⅛ tablespoon Red pepper flakes
- 3 cups Low-sodium veggie broth
- 1 cup Tomato sauce
- ½ cup Dried cannellini beans soaked overnight
- 1 Carrot cut into ½-in pieces
- 1 Small zucchini quartered lengthwise and sliced ¼-in thick
- 3 Swiss chard leaves ½-in wide slices
- Salt (to taste)
- Pepper (to taste)

### **Directions:**

1. If possible, microwave onion, garlic, oil, oregano and red pepper flakes until onion is softened, about 5 minutes
2. Put into slow cooker and add the first 9 ingredients.
3. Cook for 9-11 hours on LOW or 5-7 hours on HIGH.
4. Add zucchini and chard and cook until vegetables are tender (about 20-30 minutes).
5. Add salt and pepper to taste. Top with fresh basil or parmesan, if desired.

\*Chef Tips: Stir in cooked pasta just before serving.

## **Slow Cooker Egg, Spinach and Ham Breakfast Casserole**

Serves: Six

### **Ingredients:**

- 6 large eggs
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup milk
- 1/2 cup Greek yogurt
- 1/2 teaspoon thyme
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/3 cup diced mushrooms
- 1 cup (packed) baby spinach
- 1 cup shredded pepper jack cheese
- 1 cup ham, diced

### **Instructions:**

1. In a bowl, whisk the eggs, salt, pepper, milk, yogurt, thyme, onion powder, garlic powder together until smooth.
2. Stir in the mushrooms, spinach, cheese, and ham.
3. Spray 6-Quart slow cooker with non-stick cooking spray.
4. Pour mixture into the bottom of slow cooker.
5. Cover and cook on HIGH for 90 minutes-2 hours. Eggs should be set.
6. Slice and serve for breakfast or dinner.

\***Chef Tips:** Try with other vegetables and cooked meats for a new flavor each time.

## **Mississippi Pot Roast**

\*\*\*This is the #1 most Googled recipe of 2017

Serves: 12-16

### **INGREDIENTS**

- 1 boneless chuck roast or top or bottom round roast, 3 to 4 pounds
- 2 teaspoons kosher salt, plus more to taste
- 1½ teaspoons freshly ground black pepper, plus more to taste
- ¼-cup all-purpose flour
- 3 tablespoons neutral oil, like canola
- 4 tablespoons unsalted butter
- 8 to 12 pepperoncini
- 2 tablespoons mayonnaise
- 2 teaspoons apple cider vinegar
- ½ teaspoon dried dill
- ¼-teaspoon sweet paprika
- 1 teaspoon buttermilk, optional
- Chopped parsley, for garnish

### **PREPARATION**

Place roast on a cutting board and rub the salt and pepper all over it. Sprinkle the flour all over the seasoned meat and massage it into the flesh.

Heat the oil in a large sauté pan set over high heat until it is shimmering and about to smoke. Place the roast in the pan and brown on all sides, 4 to 5 minutes a side, to create a crust. Remove roast from pan and place it in the bowl of a slow cooker. Add the butter and the pepperoncini to the meat. Put the lid on the slow cooker, and set the machine to low.

As the roast heats, make a ranch dressing. Combine the mayonnaise, vinegar, dill and paprika in a small bowl and whisk to emulsify. Add the buttermilk if using, then whisk again. Remove the lid from the slow cooker and add the dressing. Replace the top and allow to continue cooking, undisturbed, for 6 to 8 hours, or until you can shred the meat easily using 2 forks. Mix the meat with the gravy surrounding it. Garnish with parsley. Serve with egg noodles, roast potatoes, or pile on sandwich rolls, however you like.

**\*Chef Tips:** Chill overnight to remove excess fat. Freeze leftovers in individual portions to have a quick lunch or dinner.