

### **30-Minute Mozzarella Stuffed Meatballs with Homemade Marinara Sauce**

1 pound ground beef  
5 garlic cloves, minced, divided  
1 egg  
1/2 cup freshly grated Romano cheese  
2 teaspoons Italian seasoning  
2 teaspoons fresh parsley, chopped  
Salt and ground black pepper, to taste  
1 cup whole wheat panko bread  
1/2 cup lukewarm water  
4 ounces mozzarella cheese, cut into bite sized cubes (you can use 4 (1 ounce) string cheese pieces, too)  
6 tablespoons olive oil, divided  
1 (28-ounce) can crushed tomatoes  
1 teaspoon salt  
1/2 teaspoon black pepper  
1/2 teaspoon sugar  
2 teaspoons Italian seasoning  
1/2 teaspoon crushed red pepper flakes

### **Creamy Garlic Mushroom Chicken**

1½ pounds boneless skinless chicken thighs, or breasts  
2 Tablespoons olive oil  
8 ounces sliced mushrooms  
3 garlic cloves, minced or whole (whatever your preference is)  
1 cup chicken broth  
½ cup heavy cream  
2 ounces cream cheese, softened  
1 teaspoon garlic powder  
½ teaspoon salt  
¼ teaspoon pepper  
1 Tablespoon flour

### **Green Chili Chicken Bake**

3-4 Boneless skinless chicken breasts, trimmed  
1 8 oz package cream cheese, softened – You can use light cream cheese here if you prefer, but fat free will not work well since it doesn't melt like normal cream cheese. Also, make sure the cheese is nice and soft before you begin to mix it so it combines well. If you don't have time to leave it out, then put it in a glass bowl, cover, and microwave for about 30 seconds, then stir and add 30 more seconds if necessary. Softening the cream cheese will ensure that it isn't lumpy and the flavor infuses every bit of the cheese for a delicious dinner.  
1 4 oz can chopped green chilis- As I might have mentioned above I really love green chilis. I have tried a lot of brands, but I really prefer Old El Paso. I feel like their chilis are diced but instead of just being pieces in water, the liquid is thicker like pureed chilis which I find to be so much more flavorful than just chili pieces.  
1 cup monterey jack cheese, shredded  
1/2 tsp garlic powder  
1/4 tsp ground cumin  
1/4 tsp salt  
1/4 tsp pepper

## **How to Make a Whole Chicken in the Instant Pot Step-By-Step Directions**

- 1 whole chicken innards removed
- 1 lemon cut in half
- 1 onion cut in half
- 1 recipe Rotisserie blend
- 1 tablespoon kosher salt
- 2 teaspoons pepper
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon paprika
- 1 teaspoon dried thyme
- dash of cayenne pepper

## **Pioneer Woman's Recipe for Perfect Salmon**

- 1lb of Salmon (cut into individual portions)
- Seafood seasoning such as Old Bay or Meijer Gold Seafood seasoning
- Lime juice

## **Pressure Cooker Chicken Enchilada Casserole**

- 2 chicken breasts
- 1 can red enchilada sauce
- 1 can diced green chilies
- 1 cup onions, diced
- 4 low-carb corn tortillas, cut into 8 pieces each
- 1 cup grated cheese

## **Slow Cooker Buffalo Chicken Lettuce Wraps**

- 2-3 large chicken breasts (2 lbs)
- 1 cup buffalo sauce
- 1 onion, chopped
- 2 carrots, shredded
- 2 celery stalks, chopped
- 2 gloves garlic, minced
- 16 oz chicken broth
- iceberg lettuce

## **Slow cooker Carnita "Nachos"**

- 2 pound pork loin roast or lean pork shoulder roast
- 1 onion, sliced
- 4 garlic cloves
- 2 Tablespoons Chipotle peppers in Adobo sauce
- 6 oz chicken broth
- 1 Tablespoon cumin
- $\frac{3}{4}$  teaspoon salt
- 1 teaspoon ground coriander
- 1 teaspoon oregano
- 1 bag of mini bell peppers
- 2 cups of Colby Jack cheese

## **Undone Stuffed Pepper Casserole**

- 1 lb. lean ground beef

2 green peppers, coarsely chopped  
3 cloves garlic, minced  
2 cups cooked long-grain white rice  
1 jar (24 oz.) Traditional Pasta Sauce  
1-1/2 cups Shredded Italian Five Cheese