

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

Baked Garlic Butter Chicken

4 (16-ounces) boneless skinless chicken breasts
salt and fresh ground pepper , to taste
1 stick (1/2-cup) butter*
6 cloves garlic , minced
1 tablespoon fresh rosemary leaves
1/2 cup Shredded Reduced Fat 4-Cheese Italian

Chicken Breasts with Jalapeño Cheese Sauce

4 teaspoons olive oil, divided
4 (5-6 oz.) boneless, skinless chicken breasts
1/2 teaspoon kosher salt
1/2 teaspoon black pepper
3/4 teaspoon chili powder
3/4 teaspoon cumin
1/2 cup onion, finely diced
3 medium jalapeños, seeds and membranes removed, finely diced
2 cloves garlic, minced
1/2 cup low-sodium chicken broth
4 oz. cream cheese (I use 1/3 less fat)
1 heaping cup shredded cheddar cheese

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
1/2 teaspoon salt
1/4 teaspoon pepper
1 Tablespoon flour

Crock Pot Low-Carb Taco Soup

2 lbs ground pork beef or sausage
2, 8- ounce packages of cream cheese
2, 10- ounce cans of Rotel
2 Tablespoons of taco seasonings
4 cups of chicken broth
1-2 tablespoons of Cilantro - fresh or dried optional
1/2 cup shredded cheese for garnish optional

Crockpot Beef Stroganoff

2 lbs stew beef
2 cans condensed golden mushroom soup (no substitutes!)
1 cup chopped onion
2 Tsp. Worcestershire sauce
1 14 oz can beef broth
8 oz button mushrooms, cleaned and quartered (optional)
salt and pepper to taste
egg noodles
8 ounces cream cheese, room temperature
1/2 cup sour cream

Easy Fajita Chicken Bake

3-4 Boneless skinless chicken breasts
1-2 tsp Taco seasoning
2 Bell peppers in assorted colors, deseeded and thinly sliced
1 Red onion, peeled and thinly sliced
1-2 Tbsp Olive oil
1/2 Cup Shredded Cheddar or Mexican Blend Cheese

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