

Almost No Carb Pizza Recipe for Low Carb & Keto Diets

1 8 oz. package of full fat cream cheese (room temp.)
2 eggs
Freshly ground black pepper
Garlic powder
1/4 cup grated parmesan cheese
1/2 cup jarred marinara sauce*
A pinch of cayenne pepper
1/2 teaspoon oregano
1 cup shredded mozzarella cheese
Sauteed pepperoni
Garlic powder

Chicken & Rice Casserole

2 cups cooked rice
2 cups (8 ounces) shredded Monterey Jack cheese
1 1/2 cups cooked, chopped chicken breast meat
1 can (12 fluid ounces) Nestlé Carnation Evaporated Milk
1/2 cup finely chopped red onion
2 large eggs, lightly beaten
1/4 cup finely chopped cilantro
2 tablespoons butter or margarine, melted
1 tablespoon diced jalapeños
Salt

French Onion Chicken Skillet

2 pounds Vidalia onions, sliced
2 pounds boneless, skinless chicken breasts or thighs
2 cups beef broth
1 cup swiss cheese, grated
1/3 cup extra-virgin olive oil, divided
2 tablespoons all-purpose flour
2 teaspoons balsamic vinegar
1/2 teaspoon dried thyme
1/2 teaspoon dried sage
kosher salt and freshly ground pepper, to taste

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

Pressure Cooker Mom's Classic Pot Roast with Savory Onion Gravy

3-4lb chuck roast *See notes for 3 pound roast
1 large yellow onion, chopped small, about 1 1/2 - 2 cups
4 whole carrots, cut into 3" sections

- 1 Tbl minced garlic, fresh
- 3 cups beef stock
- 2 Tbl Worcestershire sauce
- 2 tsp kosher salt
- 1 tsp black pepper
- 1 Tbl parsley, dried
- 1 tsp thyme, dried
- 1 Tbl olive oil
- 2 Tbl corn starch
- 2 Tbl water

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

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

{Crock Pot} Creamy Italian Chicken Tomato Soup

- 3 large boneless skinless chicken breasts
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 (14 ounce) can coconut milk (full fat)
- 1 cup chicken broth
- 1 (14 ounce) can diced tomatoes (add the juice)
- 1 8 ounce can tomato sauce
- 2 tablespoons Italian seasoning
- 1 tablespoon dried basil
- 1/2 teaspoon sea salt (more to taste)
- fresh ground pepper to taste