

**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

**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

**Grilled Cheesy Buffalo Chicken**

1 lbs. boneless chicken breast  
 black pepper  
 ¼ cup mozzarella cheese, shredded,divided  
 1 tsp. butter (I used Brummel & Brown)  
 ¼ cup Franks Hot Sauce  
 ¼ tsp. celery salt

**Instant Pot Garlic Parmesan Chicken**

2 Tbsp butter  
 1 small yellow onion, diced  
 4 large garlic cloves, minced  
 1/2 cup chicken broth  
 1/2 tsp garlic powder  
 1/4 tsp pepper  
 1/2 tsp salt  
 8 oz sliced mushrooms (optional)  
 1 1/2 lbs boneless skinless breasts sliced into 1/2 inch filets  
 1 cup half and half  
 2 Tbsp flour  
 1/2 cup parmesan cheese  
 3 oz coarsely chopped spinach  
 Salt and freshly ground 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

**Quick & Easy Creamy Herb Chicken**

4 chicken breasts (pounded 1/2-inch thin)  
 2 teaspoons each of onion powder and garlic powder  
 1 teaspoon fresh chopped parsley  
 1/2 teaspoon each of dried thyme and dried rosemary\*  
 salt and pepper , to season  
 4 cloves garlic , minced (or 1 tablespoon minced garlic)  
 1 teaspoon fresh chopped parsley  
 1/2 teaspoon each of dried thyme and dried rosemary  
 1 cup milk (or half and half)\*  
 Salt and freshly ground black pepper , to taste  
 1 teaspoon cornstarch mixed with 1 tablespoon water , until smooth

**Sheet Pan Shrimp Fajitas**

- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 3 medium bell peppers, seeded and thinly sliced (I used green, yellow and red)
- 1 medium yellow onion, thinly sliced
- 1 tablespoon fresh minced garlic
- 3 tablespoons olive oil, divided
- 1-1/2 pounds medium shrimp, peeled and deveined
- Juice from 1 lime (about 2 tablespoons)
- Fresh chopped cilantro, for garnish
- 4-6 flour tortillas
- Your favorite toppings (sour cream, shredded cheese, avocado, etc.)