

Best Steak Bites

1/2 cup soy sauce
 1/3 cup olive oil
 1/4 cup Worcestershire sauce
 1 teaspoon minced garlic
 2 Tablespoons dried basil
 1 Tablespoon dried parsley
 1 teaspoon black pepper
 1-1/2 lbs. flat iron or top sirloin steak, cut in 1-inch pieces

Creamy Tortellini with Spinach & Tomatoes

1 lb cheese tortellini
 1 tbsp minced garlic
 1 cup chopped fresh spinach
 1 14.5 ounce can petite diced tomatoes
 1/2 teaspoon salt
 1/4 teaspoon pepper
 1 1/2 teaspoons dried basil
 1 teaspoon onion flakes
 2 tablespoons all-purpose flour
 1 1/2 cups half-and-half
 1/4 cup grated Parmesan cheese

Crock Pot Chicken Fajitas

1 yellow onion, sliced
 3 sweet peppers, sliced
 1 1/2 pounds boneless chicken breast or thighs
 1/4 to 1/2 cup chicken broth, depending on preference (leave this out if you prefer a drier fajita filling)
 1/2 teaspoon salt
 2 tablespoons cumin
 1 1/2 tablespoons chili powder
 Squirt of lime juice
 Tortillas
 Fajita fixings

Easy Chicken Enchilada Casserole

1 lb chicken breasts boneless and skinless (about 2 large chicken breasts)
 14 oz Enchilada sauce
 6 medium corn tortillas
 3 cups Monterey Jack cheese shredded

Garlic Butter Chicken and Potatoes Skillet

1 1/2 lb (650g) chicken breast, cut into strips
 1 1/2 lb (650g) baby yellow potatoes, quartered
 1 tablespoon olive oil
 3 tablespoons butter, divided
 5 garlic cloves, minced
 1 teaspoon fresh thyme, chopped
 1 teaspoon fresh rosemary, chopped
 1 teaspoon fresh oregano, chopped
 Salt and fresh cracked pepper
 Crushed red chili pepper flakes, optional
 1/4 cup soy sauce (or coconut amino if you're strictly paleo)
 1 tablespoon olive oil
 1 tablespoon hot sauce (we used Sriracha)
 Fresh cracked pepper

Sausage Orzo Soup

1 pound Italian Sausage
 1 cup Orzo Pasta
 1 tbsp Olive Oil
 1/2 Onion
 1 tbsp Garlic
 1 28 Oz Tomato
 1 tspn Dried Oregano
 2 tspn Dried Basil
 1 tspn red chili Flakes
 4 cups Chicken Broth
 2 cups Spinach (Tightly Packed)
 1/4 cup Half and Half
 1 cup Parmesan Cheese

Skillet Chicken in Balsamic Caramelized Onion Cream Sauce

4 small boneless, skinless chicken breasts (or thighs)
salt and pepper
1/2 teaspoon garlic powder
1 tablespoon olive oil
1/2 cup finely chopped onions
2 tablespoons butter
1/2 teaspoon fresh thyme
pinch of red pepper flakes
1 teaspoon sugar
2 teaspoons balsamic vinegar
1/2 cup chicken broth
1/2 cup heavy cream

Slow Cooker Mongolian Beef

1 1/2 pounds Flank Steak
1/4 cups cornstarch
2 tablespoons Olive Oil
1/2 teaspoons mince Garlic, Cloves
3/4 cups Soy Sauce
3/4 cups Water
3/4 cups Brown Sugar
1 cup grated Carrots
green onions, for garnish