

<p>Easy Pulled Pork and Sweet Potato Fries</p> <p>1. Place the pork tenderloin in a slow cooker; pour the root beer over the meat. Cover and cook on low until well cooked and the pork shreds easily, 6 to 7 hours.</p> <p>3. About an hour and 15 minutes before pork is done, slice sweet potatoes into fry sized pieces. Preheat oven to 425.</p> <p>4. Toss the fries with enough olive oil to coat and add Cayenne and Garlic to taste. (I make mine spicy, so measurements on this one are up to you.) You can do this in a large bowl or a large Ziploc bag.</p> <p>5. Place the fries on a baking sheet and bake for 45 - 60 minutes or until desired crispiness. Make sure to turn the fries a few times during baking.</p> <p>2. Once the pork is done drain well and stir in barbecue sauce. Serve over hamburger buns and with your sweet potato fries.</p>	<p>Shopping List</p> <p>1 (2 lb.) pork tenderloin 1 (12 fluid oz.) can or bottle root beer 1 (18 oz.) barbecue sauce 8 hamburger buns 2-3 Large Sweet Potatoes Cayenne Pepper, ground Garlic, ground Olive Oil</p>
<p>Black Beans and Quinoa</p> <p>1. In a medium pot, heat the oil over medium heat. Add cumin and cook for two minutes, stirring frequently. Add garlic in the last 30 seconds.</p> <p>2. Add soup, ½ c. water, ½ c. salsa, and quinoa. Bring to a boil over high heat and then reduce heat to a simmer (medium low) and simmer covered for 10 minutes.</p> <p>3. Stir in beans and corn and cook for an additional 10 minutes.</p> <p>4. Remove from heat and add in jalapenos. Allow to sit covered for an additional 5 to 30 minutes.</p> <p>5 Top with green onions and serve. May serve with Baked Tortilla Chips & Greek Yogurt</p>	<p>Shopping List</p> <p>1 tbs. olive oil 1 tsp. ground cumin 1 c. prepared black bean soup ½ c. salsa 1 c. quinoa, well rinsed 1 tbs. minced garlic 1 15 oz. can black beans 1 c. corn 4 green onions, sliced 2 tbs. pickled jalapeno chilies, diced</p>
<p>Mexican Chicken and Rice</p> <p>1. Preheat a medium pot over medium heat, add extra-virgin olive oil and butter. When butter melts into oil, add cut up chicken. Season the chicken with salt and pepper. Stir and lightly brown the chicken, then add the rice and cook another 1 to 2 minutes.</p> <p>2. Add chicken stock, poultry seasoning, Sazon seasoning, and tomato sauce. Bring the stock to a quick boil, 2 or 3 minutes. When the liquid boils, reduce heat to low and cook 13 to 15 minutes, until rice is tender but still a little chewy in the center.</p> <p>3. Serve with sour cream, guacamole, and chips.</p>	<p>Shopping List</p> <p>1 tbs. extra-virgin olive oil 2 tbs. butter 1 lb. boneless, skinless chicken breasts cut into bite size pieces Salt and pepper 2 c. white rice 3 c. chicken stock 1 tsp. poultry seasoning 1 tbs. Sazon seasoning 1 c. tomato sauce</p>
<p>Crockpot Easy Italian Chicken</p> <p>1. Throw it all in the crock pot and cook on low 8-10 hours.</p> <p>2. Prepare pasta according to package directions.</p> <p>3. Serve chicken over pasta and garnish with grated Parmesan.</p>	<p>Shopping List</p> <p>4 boneless chicken breasts 1 16 oz. can tomatoes or 2-3 fresh tomatoes 1 onion; sliced 1 pinch Italian seasoning 1 green pepper; sliced garlic salt and pepper 1/2 c. grated Parmesan Bowtie Pasta</p>
<p>Peasant Soup</p> <p>1. Wash and prep all the vegetables. Be sure to dice and slice the vegetables the same size for even cooking.</p> <p>2. Heat butter in a Dutch oven or soup pot, over medium heat. Add all the vegetables except the potatoes. Season with salt and pepper. Simmer for about 5 minutes until they're soft but not browned.</p> <p>3. Add soup stock and bring to a boil; add potatoes; boil gently about 20 minutes or until vegetables are tender.</p> <p>4. Add grated cheese to individual bowls just before serving</p> <p>5. Serve with fresh French or Italian bread</p>	<p>Shopping List</p> <p>4 tbs. butter 3 small carrots, diced 1 small turnip, diced 1 sweet potato, diced 1 small leek, sliced 2 small celery stalks, diced 1 small onion, sliced 1 c. green cabbage, shredded 1 1/4 tsp. course salt 1/2 tsp. fresh ground pepper 1 1/2 quarts soup stock 1 1/2 c. potatoes, diced 3/4 c. sharp cheese, grated 1 tbs. garlic, minced</p>