

30 Minute Meal's~Spending Less time In Your Kitchen and More with Your Family

1. Scalloped Potatoes & Ham (In Slow Cooker)

- 8 potatoes, sliced
- 1 onion (I use minced onions; kids like better)
- 1 lb. fully cooked ham, cubed
- 1-oz pkg. dry country gravy
- 10 $\frac{3}{4}$ oz cream of mushroom soup
- 2 cups water
- 2 cups shredded cheddar cheese (can use different cheese if want to)

STEPS 1-4:

1. Combine potatoes, onion and ham in a lightly greased slow cooker.
2. Combine gravy mix, soup, and water. Wisk until combined. Pour over potatoes
3. Cover. Cook on Low 7-9 hours or High 3-4 hours.
4. Top with cheese during last minutes of cooking

Variation: (this is what I do) Put half the potatoes, onion and ham in slow cooker. Top with half of grated cheese. Repeat layers. Spoon liquid mix (step 2); then cover and cook on Low 7-9 hours or High 3-4 hours. Sprinkle individual servings with paprika.

2. Beet Stew (In Slow Cooker)

- 2 lbs. beef chuck, cubed
- 1 tsp. Worcestershire sauce
- $\frac{1}{4}$ - $\frac{1}{2}$ cup flour
- 1 $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. pepper
- $\frac{1}{2}$ tsp. paprika
- 1 $\frac{1}{2}$ cups beef broth
- Half garlic clove, minced (or $\frac{1}{2}$ tsp. minced garlic)
- 1 bay leaf
- 4 carrots, sliced
- 2 onions
- 1 rib celery, sliced (about $\frac{1}{2}$ a cup)
- 3 potatoes, diced

STEPS 1-4:

1. Place meat in slow cooker
2. Combine flour, salt, pepper, and paprika. Stir into meat until coated thoroughly.
3. Add remaining ingredients. Mix Well
4. Cover. Cook on Low 10-12 hour or High 4-6 hours. Stir before serving.

Taste great served with homemade or Italian Bread!

3. Taco Salad

- 1 lb. ground beef or pork
- 1 pkg. taco seasoning (different levels of spiciness)
- 1 head of lettuce
- 3 tomatoes, cubed
- ½-1 cup Salsa (to your taste)
- 16 oz.-grated cheese (any kind)
- 8 oz. sour cream
- ½ bag corn chips, crushed

Steps 1-4:

1. Fry meat with taco seasoning pkg. until cooked thoroughly.
2. Set meat aside and let cool to room temperature. In a separate bowl measure out your tomatoes, lettuce, salsa, and cheese; then add meat once cooled. Mix thoroughly.
3. Then add corn chips and sour cream. Ready to serve! To make a smaller serving can ½ recipe or do whole recipe and leave all fixings separate until ready to eat. This does not save very well all mixed together for leftovers. Much better made FRESH!!!

4. Tuna Noodle Casserole

- 2 cans tuna (with water), drained
- 1 10 ½ oz. cans cream of mushroom soup
- 16 oz. sour cream
- 2 Tbsp. dried parsley
- 10-oz pkg. frozen peas, thawed
- 10-oz pkg. noodles, cooked and drain (use wacky veggie noodles)
- 16 oz. grated cheese

Steps 1-2:

1. Combine tuna, soup, sour cream, parsley and vegetables. Fold into noodles. Pour into a greased slow cooker. Top with chopped almonds.
2. Cover and cook on low 4-5 hours or High 2-3 hours. Top with grated cheese 15 minutes before serving. Or cook in oven in casserole dish (greased) for 1 hour at 350. For oven one you can add container French onions on top.

5. Mexican Pie (In Slow Cooker)

- 1 pkg. corn tortillas
- 1 ½ cups salsa
- 2 cans beans, drained (black beans)
- 1 ½ lbs. ground beef cooked, with fat drained off
- 2 cups cooked rice
- 1 pkg. taco seasoning
- 16 oz. grated cheese

Steps 1-3:

1. Grease slow cooker, on bottom place some of salsa and a layer of tortillas.
2. Mix in bowl: beans, cooked meat, rice and taco seasoning. Then put over tortillas and sprinkle with cheese, repeat layers until all gone; ending with cheese.
3. Cover and cook Low 5-7 hours or High 2-3 hours.

Serve with Scoops, Sour Cream, Lettuce and Tomatoes (all optional; but what we serve when we have Mexican Pie)

6. Sweet Potato Casserole

Brown in skillet:

1lb. bulk sausage

Break up large pieces and drain off excess fat.

Arrange in 2 qt. casserole:

Browned sausage

2 medium raw sweet potatoes, peeled and sliced

3 medium apples, peeled and sliced

Combine and pour over:

2 T. Sugar

1 T. flour

¼ t. ground cinnamon

¼ tsp. salt

½ c. water

Cover and bake at 375 for 50-60 minutes or until potatoes and apples are tender.

7. Meat & Potatoes w/Veggie

2 lbs. Sweet Sausage or Plain Sausage

8 potatoes, sliced or diced (your preference)

Combine in frying pan and cook until done. Serve with fresh veggie.