

Refried Bean Chili

Ingredients:

2 pounds ground beef
1 onion, chopped
1 can refried beans
1 (14 oz) can beef broth
1 jar thick and chunky salsa
2 cans chili beans in chili sauce
2 tablespoons chili powder
1 tablespoon ground cumin

Directions:

1. Brown the ground beef with the onion in a pan; drain the fat.
2. Add all ingredients to the slow cooker and cook on low 6-8 hours or on high 4-5 hours.
3. Serve with shredded cheese, sour cream, and/or corn tortilla chips.

Mediterranean Chicken Stew



Prep time: 5 minutes

Ingredients

1 ½ pounds chicken breasts
garlic salt, pepper, oregano to taste
2 cans diced tomatoes
1 can artichoke hearts, drained
1 can black olives, drained
1-2 boxes of couscous, any flavor

Directions

1. Sprinkle the chicken with the garlic salt, pepper, and oregano.
2. Add to slow cooker. Add tomatoes and artichoke hearts.
3. Cook on low 5-6 hours.
4. Cook couscous according to package directions.
5. Stir olives into stew and serve stew over couscous.

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Spaghetti Sauce



Ingredients

1 pound ground beef
1 onion, chopped
1 clove garlic, minced
3 (14 oz) cans diced tomatoes
1 (6 oz) can tomato paste
1 (8 oz) can tomato sauce
2 tablespoons dried parsley flakes
1 teaspoon oregano
1 teaspoon basil
1 teaspoon salt
¼ teaspoon pepper
2 tablespoons brown sugar
1 beef bouillon cube

Directions:

1. Brown the ground beef with the onion and garlic then drain the fat.
2. Combine all ingredients in a slow cooker and cook on low 5-6 hours.
3. Serve over with spaghetti noodles with parmesan cheese, and garlic bread on the side.

Bacon Ranch Chicken Salad Sandwiches

Ingredients

1-1 ½ pounds boneless, skinless, chicken breasts
¼ cup chicken broth
5 teaspoons ranch dip mix
¾-1 cup mayonnaise
4 tablespoons bacon bits or bacon pieces
2 stalks celery
bread or roll for serving

Directions

1. Place chicken breasts in slow cooker. Pour chicken broth over the chicken and sprinkle with 1 tablespoon of ranch dip mix.
2. Cook on low for 4-5 hours.
3. Remove chicken from crockpot and let chicken cool for a bit. Shred the chicken with 2 forks. Mix it in a bowl with the remaining ranch mix, mayonnaise, bacon pieces, and celery.
4. Serve warm or chilled on the bread of your choice.

Chicken Taquitos



Ingredients

1-1 ½ pounds chicken breasts
1 packet taco seasoning
6 ounces cream cheese, cubed
¼ cup water
1 ½ cups shredded cheddar cheese
about 20 fajita/soft taco sized tortillas

Directions:

1. Place chicken in slow cooker. Add water. Sprinkle chicken with taco seasoning and top with cream cheese.
2. Cook on low for 6-8 hours.
3. Shred the chicken, add the cheddar cheese, and stir well to combine.
4. Preheat the oven to 400 degrees. Place a small amount of chicken mixture on each tortilla and roll it up.
5. Place taquitos on a baking sheet and spray with cooking spray.
6. Cook in the oven for 8-12 minutes.
7. Serve with your choice of sour cream, salsa, guacamole, or queso.