

Salsa Chicken (Crockpot)

- 2–3 chicken breasts
- 1 jar salsa (16 oz)
- 1 packet taco seasoning

Instructions: Add all to crockpot, cook on low 6–8 hrs or high 4 hrs. Shred chicken and serve in tortillas, over rice, or on nachos.

Meatballs in Grape Jelly BBQ Sauce (Crockpot)

- 1 bag frozen meatballs (32 oz)
- 1 cup grape jelly
- 1 cup BBQ sauce

Instructions: Mix jelly and BBQ sauce in crockpot, add meatballs, stir to coat. Cook on low 4–5 hrs or high 2–3 hrs. Serve over buttered noodles or rice.

Pasta with Meat Sauce

- 1 lb ground beef
- 1 jar marinara sauce
- 1 lb pasta

Instructions: Brown beef, drain. Add marinara and simmer 10 min. Cook pasta according to package, toss with sauce, and serve.

Sausage & Veggies

- 1 lb smoked sausage, sliced
- 3–4 potatoes, cubed
- 2–3 cups veggies (bell peppers, zucchini, broccoli, etc.)
- 2 tbsp olive oil
- 1 tsp each: garlic powder, onion powder, paprika, salt, pepper

Fry the potatoes first, gradually adding veggies then throw in the sausage til hot I think its 165 degrees for pork

Crockpot BBQ Pulled Pork

Ingredients

- 2–3 lbs pork shoulder (or pork butt)
- 1 can (12 oz) cola (regular or diet)
- 1 cup BBQ sauce
- 1 small onion, sliced (optional)

- Salt & pepper, to taste

Instructions

1. Season the pork with salt and pepper and place it in the crockpot.
2. Add the sliced onion (if using), pour the cola over the pork, and top with BBQ sauce.
3. Cover and cook on **low for 6–8 hours** or **high for 4–5 hours**, until the pork is fork-tender.
4. Remove the pork, shred with two forks, and return it to the sauce in the crockpot.