

Sunday – Crockpot Tacos

Ingredients:

- 2 lbs ground beef or turkey
- 1 onion, diced
- 2 packets taco seasoning (or DIY blend)
- 1 cup salsa or diced tomatoes
- Tortillas, taco shells, or rice for serving

Instructions:

1. Brown ground meat with diced onion until cooked through.
2. Drain excess fat, then transfer to crockpot.
3. Add taco seasoning + salsa/diced tomatoes. Stir well.
4. Cook on low 4–6 hours or high 2–3 hours.

Reserve Remix:

- Taco Rice Bowls (serve over rice with cheese + toppings)
- Taco Pasta (mix into cooked pasta with a little salsa + cheese)
- Nachos (spread on tortilla chips, add cheese, broil if you can handle oven, or microwave)
- Quesadillas (fold into tortillas with cheese, grill on skillet)

Tuesday - Sausage, Potato & Pearl Onion Skillet

Ingredients:

- 1 lb smoked sausage, sliced into coins
- 2 lbs potatoes, diced
- 1 cup pearl onions (fresh or frozen)
- 2 tbsp olive oil or butter
- Garlic powder, paprika, salt, pepper

Reserve Remix:

- Next day → Breakfast Hash (add eggs on top).
- Toasted Sandwiches (layer skillet mix into bread with cheese, grill like panini).
- Quick Reheat → serve over rice or with fried eggs.

Instructions:

1. Heat oil in a large skillet. Add sausage coins and cook until browned.
2. Add potatoes + pearl onions. Season generously with garlic, paprika, salt, and pepper.
3. Cover and cook, stirring occasionally, until potatoes are tender and onions caramelized (about 20–25 minutes).

Thursday - BBQ Meatballs with Egg Noodles**Ingredients:**

- 1 bag frozen meatballs (or homemade if energy allows)
- 1 bottle BBQ sauce
- ½ cup grape jelly
- 1 lb egg noodles

Instructions:

1. In crockpot, stir together BBQ sauce + grape jelly. Add meatballs.
2. Cook on low 4–5 hours or high 2–3 hours.
3. Serve over cooked egg noodles.

Reserve Remix:

- Meatball Subs (with leftover sauce).
- Meatball Quesadillas (slice, stuff into tortillas with cheese).
- Meatball Rice Bowls.

Tuesday - Salsa Chicken with Pasta Side**Ingredients:**

- 3–4 chicken breasts
- 1 bottle salsa
- onions, peppers, taco veggies
- Pasta or mac & cheese as side

Instructions:

1. Place chicken in crockpot. Add Salsa + broth.
2. Cook low 6–7 hours or high 3–4 hours.
3. Shred with forks and serve with pasta side.

Reserve Remix:

- Salsa Chicken Wraps (with lettuce, cheese, ranch drizzle).
- Salsa Chicken Rice Bowls.
- Salsa Chicken Nachos.
- Salsa Quesadillas or Pizza (premade crust + cheese + red onion).

Thursday - Ground Beef Skillet (Homemade Hamburger Helper)

Ingredients:

- 1 lb ground beef
- 1 onion, diced
- 2 cups elbow macaroni (uncooked)
- 4 cups beef broth
- 1 cup shredded cheese (optional, or leave light)
- 1 tbsp paprika + garlic powder + salt & pepper

Instructions:

1. Brown ground beef with onion in a large skillet. Drain if needed.
2. Add uncooked pasta + broth + seasonings. Stir well.
3. Simmer covered until pasta is cooked and broth mostly absorbed (15 min).
4. Stir in cheese if using.

Reserve Remix:

- Wrap in tortillas for quick burritos.
- Stuff into bell peppers and bake (if it's not too hot).
- Reheat with scrambled eggs for breakfast.

Sunday (Cook): Crockpot Sloppy Joes:

2 lbs ground beef (or half beef, half ground sausage if you like it richer)

- 1 small onion, finely chopped (or 1–2 pearl onions, minced, if you want to use your fresh ones)
- 1 bell pepper, chopped (optional but good for bulk & flavor)
- 2 cans sloppy joe sauce, or you can make your own if you are feeling ambitious