



# HEALTHY HOME KC

## SLOW COOKER CHICKEN SOUP

### INGREDIENTS:

2 CUPS CHOPPED YELLOW ONION

3 CUPS CHOPPED CARROT

2 CUPS CHOPPED CELERY

1 TSP PINK SALT

32-OZ CHICKEN STOCK

1 BAY LEAF

2 POUNDS CHICKEN BREASTS OR THIGHS

$\frac{3}{4}$  CUP FULL-FAT COCONUT MILK (FROM A CAN)

### DIRECTIONS:

ADD ALL INGREDIENTS TO SLOW COOKER  
COVER AND COOK ON HIGH FOR 4-6 HOURS OR LOW  
FOR 6-8 HOURS,

SHRED CHICKEN IN POT THEN ADD COCONUT MILK  
AND STIR

MAKES 4-6 SERVINGS.

### Shopping List:

**yellow onion 2**

**chopped carrots or baby carrots**

**celery hearts 1 bag**

**chicken broth/stock**

**2 pounds boneless chicken**

**coconut milk full fat- can**



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## BEEF ZUCCHINI SKILLET

### INGREDIENTS:

1 LB GRASS FED BEEF THAWED  
1/2 MEDIUM ONION CHOPPED)  
1 TEASPOON JARRED MINCED GARLIC  
1 CUP CHUNKY SALSA  
1 TEASPOON GROUND TURMERIC  
2 CUPS MEDIUM FRESH ZUCCHINI SLICED INTO HALF CIRCLES  
(3-4)  
FRESH CILANTRO CHOPPED  
PINK SALT & PEPPER TO TASTE

### DIRECTIONS:

ADD THE BEEF, SALT, PEPPER, ONION, AND GARLIC TO A LARGE SKILLET ON MEDIUM HIGH HEAT.

STIR UNTIL THE MEAT IS BROWNED.

STIR IN THE SALSA AND TURMERIC, REDUCE HEAT TO LOW.

COVER AND SIMMER FOR 10 MINUTES.

STIR IN THE SLICED ZUCCHINI.

COVER AND SIMMER UNTIL THE ZUCCHINI IS JUST SOFTENED BUT NOT MUSHY.

SPRINKLE WITH CHOPPED CILANTRO

PAIR WITH GREENS

ENJOY!

### Shopping List:

1 lbs grass fed beef  
salsa  
3-4 zucchini  
cilantro  
minced garlic



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## DINOSAUR EYES (PICKLE ROLLS)

### INGREDIENTS:

SQUARE SLICED HAM  
DILL PICKLE SPEARS  
WHIPPED CREAM CHEESE

### DIRECTIONS:

PLACE HAM FLAT ON CUTTING BOARD. USE SPATULA TO COVER HAM WITH CREAM CHEESE. PLACE PICKLE SPEAR ON ONE END OF HAM AND ROLL UP.

USE KNIFE TO CUT ROLL INTO SMALL ROLLS



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## KID APPROVED BROWNIES

### INGREDIENTS:

- 1 CUP MASHED SWEET POTATO
- 1/2 CUP MELTED ALMOND BUTTER
- 2 TBSP PURE MAPLE SYRUP OR HONEY
- 1/4 C COCAO
- 1/4 C WALNUTS

COULD SPRINKLE PUMPKIN SPICE TO BE FESTIVE;)

### DIRECTIONS:

PREHEAT OVEN 350  
COOK POTATO IN MICRO. ROUGHLY 8 MIN THEN PEEL  
OFF SKIN. SMASH IN MIXING BOWL.

MELT ALMOND BUTTER IN MICROWAVE  
MIX TOGETHER ALL INGREDIENTS

BAKE 350 DEGREES IN 6X9 DISH 20-25 MIN



### Shopping list:

- 1 large sweet potato
- almond butter
- pure maple syrup
- cocoa
- walnuts



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## TACO CASSEROLE

### INGREDIENTS:

- 2 PACKETS TACO SEASONING (GF)
- 3 LBS GRASS FED BEEF
- 2 CUPS PEPPER JACK CHEESE (SHREDDED)
- 2 CUPS COLBY & MONTEREY JACK CHEESE (SHREDDED)
- 2 CUPS FROZEN PEPPER STRIPS THAWED & CHOPPED

### INSTRUCTIONS:

PREHEAT OVEN TO 350.  
BROWN GROUND BEEF IN A LARGE SKILLET AND DRAIN (SET ASIDE).  
SAUTE PEPPERS IN 1-2 TABLESPOONS OF COCONUT/AVOCADO OIL.  
MIX GROUND BEEF AND PEPPERS TOGETHER AND POUR INTO THE BOTTOM OF A 9 X 13 PAN.  
TOP MEAT MIXTURE WITH CHEESE AND BAKE FOR 10 MINS AND BROIL FOR 5 MINUTES UNTIL GOLDEN BROWN.  
SERVE OVER BED OF LETTUCE.  
WILL HAVE LEFTOVERS!!

### Shopping List:

- Taco seasoning
- 3 pounds grass fed beef
- 2 cup pepper jack cheese
- 4 cups colby & monterey
- 2 cups frozen peppers
- Lettuce of choice