

Mel and Shea's Fall
Recipe E-Book



Cinnamon Roll Oatmeal

INGREDIENTS

**QUICK
OATS**

CINNAMON

**MAPLE
SYRUP**

**VANILLA
GREEK
YOGURT**

**HOT
WATER**

SALT

INSTRUCTIONS

IN A BOWL, ADD 1/2C QUICK OATS, 1TBSP MAPLE SYRUP, A DASH OF SALT, A DASH OF CINNAMON AND 1/2C OF VANILLA GREEK YOGURT. POUR 1C BOILING WATER ON TOP, STIR AND LET SIT FOR 2-3 MINUTES.

Taco Soup

INGREDIENTS

**CHICKEN
BREAST**

**CANNED
TOMATOES**

**BLACK
BEANS**

**CHICKEN
BONE
BROTH**

**TACO
SEASONING**

ONION

INSTRUCTIONS

IN A CROCK POT, ADD 2 CHICKEN BREASTS, 1 CAN OF TOMATOES, 1 CAN OF BLACK BEANS, 1 ONION, 1 PACKET OF TACO SEASONING AND 32OZ OF CHICKEN BONE BROTH. COOK IN CROCKPOT ON LOW FOR 6-8 HOURS.

Pasta Roast

INGREDIENTS

**BEEF
ROAST**

TOMATOES

ONION

GARLIC

BASIL

PASTA

INSTRUCTIONS

IN A CROCK POT, ADD SEASONED BEEF ROAST, 1C TOMATOES, 1C ONION AND 4 GARLIC CLOVES. COOK ON LOW FOR 6-8 HOURS. WHEN FINISHED, REMOVE BEEF AND SHRED. USE BLENDER TO ROUGHLY BLEND THE SAUCE. ADD BEEF AND SAUCE BACK TO THE CROCK POT. POUR OVER FRESHLY COOKED PASTA AND TOP WITH BASIL.

Steak & Potatoes

INGREDIENTS

STEAK

**MINI
POTATOES**

ONION

ROSEMARY

**OLIVE
OIL**

**BELL
PEPPER**

INSTRUCTIONS

PLACE 1LB DICED MINI POTATOES, 1/2 ONION, 1 BELL PEPPER, ROSEMARY AND 2TBSP OLIVE OIL IN A BOWL. GIVE IT A STIR TO COMBINE AND THEN PLACE ON A SHEET TRAY AND BAKE AT 400 DEGREE F FOR 30-40 MINUTES OR UNTIL POTATOES ARE TENDER. SERVE WITH YOUR STEAK PREPARED HOW YOU LIKE IT: BBQ'D, SEARED, BAKED!

Bone Broth Hot Chocolate

INGREDIENTS

**CHOCOLATE
MILK**

2% MILK

**VANILLA
EXTRACT**

HONEY

**CHICKEN
BONE
BROTH**

SALT

INSTRUCTIONS

**IN A MEDIUM SAUCE PAN, POUR
IN 1C CHOCOLATE MILK, 1C 2%
MILK, 1C CHICKEN BONE BROTH,
1TBSP HONEY, 1TSP VANILLA
EXTRACT AND A PINCH OF SALT.
HEAT ON THE STOVE UNTIL HOT
AND STEAMY.**

Stuffed Spaghetti Squash

INGREDIENTS

**SPAGHETTI
SQUASH**

**PORK
SAUSAGE**

ONION

CELERY

**WILD
RICE**

**DRIED
CRANBERRIES**

INSTRUCTIONS

IN A FRY PAN, SAUTÉ 1LB OF PORK SAUSAGE, ADD 1C ONION AND 1/2C CELERY. SAUTÉ VEGGIES UNTIL TRANSLUCENT. ADD IN 1C COOKED WILD RICE AND STIR. ADD MIXTURE TO COOKED AND SEASONED SPAGHETTI SQUASH AND TOP WITH DRIED CRANBERRIES.