

CROCK POT ROAST

**WEEK
3**

- 1 4-5 lb chuck roast
- 1 packet dry onion soup mix
- 1 can mushroom soup
- 2-3 onions, peeled and quartered
- 4-5 potatoes, peeled and halved or quartered
- 3-4 large carrots, peeled and cut into 3-4" lengths

1. Put the chuck roast in the crock pot and surround with vegetables. (Optional: Brown the chuck roast before putting it in the crockpot. Heat 2 tbs olive oil in deep heavy pan over high heat until very hot. Add the roast and cook until surface is brown. Turn roast and brown other side, adding a bit more oil if necessary. Place in crockpot.)
2. Sprinkle the entire packet of onion soup over meat and vegetables..
3. Spread mushroom soup over all.
4. Cook in the crockpot on low for 8 hours.

PINEAPPLE SLAW

- 1 16-oz package shredded cabbage mix
- 1 8-oz can crushed pineapple, well-drained
- 3/4 c mini marshmallows
- Mayonnaise to moisten.

Stir all ingredients together.
Serve.



TATER TOT CASSEROLE

**WEEK
3**

- 1 pound ground beef or ground turkey
- 1 medium onion, chopped
- 1 can cream of mushroom soup (regular or 98% fat free)
- 1 Tbs ketchup
- 1 Tbs Worcestershire sauce
- 3 cups frozen Tater Tots

1. Cook beef and onion in 10-inch skillet over medium-high heat until beef is well browned, stirring to break up meat. Pour off fat.
2. Stir soup, ketchup and Worcestershire into skillet. Spoon beef mixture into 9x13-inch shallow baking dish. Arrange potatoes on top.
3. Bake at 425 degrees F for 25 minutes or until potatoes are done.

Easy Unbelievable Broccoli

Break 4 lbs broccoli into florets in a large bowl. Add 3 tbs olive oil, 1-1/2 tbs kosher salt, and pepper to taste. Spread on foil-covered cookie sheet. Peel & slice 4-6 cloves of garlic and sprinkle over broccoli. Roast at 425° for 20-25 minutes, until tops of broccoli are lightly browned.

Remove from oven. Zest one lemon over the broccoli, and then squeeze the juice from the lemon over it. Stir in another 1-1/2 tbs olive oil and sprinkle with 1/3 c shredded Parmesan cheese. Pour into serving bowl and enjoy!

