



**Ready-to-eat. Healthy.
Customized. Delivered.**

INGREDIENTS:

2 pounds of turkey sausage (I like breakfast or Italian spiced)

1/2 medium onion, diced

1 C sliced olives

1 C mini pepperoni

1 jar no sugar added marinara or spaghetti sauce

1/2 C Mozzarella Cheese

Either:

1 roll/container of breakfast biscuits

or

4 baked/soft potatoes, diced large

Italian Pull Apart Pizza Bake

serves 8

METHOD:

Brown and chop up turkey sausage.

In a casserole pan layer:

- biscuits or potatoes
- turkey
- onion
- olives
- pepperoni
- Dump jar of sauce on top

Bake at 375 until browned and bubbly, about 15 minutes. Sprinkle with mozzarella and return to oven until melted.

FAST AND EASY TIP:

We recommend doubling the ingredients! Double all of the ingredients except the biscuit/potato and mozzarella. Put them in a sturdy ziplock bag. Label and date it. Put it in the freezer for easy retrieval and a fast dinner later!

“Dedicated to serving our communities through whole foods that are prepared to the individuals needs as well as wellness education and outreach services.”



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Quinoa Bean Stuffed Peppers

serves 8

INGREDIENTS:

- 8 Bell Peppers
- 1 C quinoa, rinsed but uncooked
- 1 can, black beans, rinsed
- 1 can, refried beans
- 1.5 C, enchillada sauce
- 1 t. cumin
- 1 t chili powder
- 3/4 t garlic salt
- 3/4 C Mozzarella cheese (optional)

Optional toppings:

- sour cream
- avocado
- cilantro
- salsa
- additional cheese

METHOD:

- In a Crockpot, 1 C water to the bottom.
- Take the top off of your bell peppers, take out seeds/clean out.
- Mix all ingredients, including cheese if desired, in a bowl.
- Scoop into bell peppers.
- Place peppers in Crockpot bath. Cover and cook on low for 6 hours.

FAST AND EASY TIP:

This is SO EASY. Double, even triple this! Leave some in the fridge. Freeze a bag. All you need is a few fresh peppers and off you go to a perfectly balanced and fresh meal!



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Italian Beef Sandwiches

serves 8

INGREDIENTS:

- 2 pounds chuck roast
- 2 Red peppers
- 1 medium onion, sliced
- 2 T Italian Seasoning
- 1 t garlic, minced
- 1 t oregano
- 1 t smoked paprika
- 1/4 t cayenne
- 32 oz. bone broth

ITEMS TO TOP:

- Rolls
- Baked Potatoes
- Mixed vegetables

OPTIONAL TOPPING:

- 1 slice of provolone cheese per serving.

METHOD:

- In a Crockpot, cube and add chuck roast with everything else.
- Cook on low for six hours or high for three.
- Shred and return to broth to soak up juices for 10 minutes or until ready to serve.
- Top on item of your choice.

FAST AND EASY TIP:

Easily double this recipe. Divide. Cool. And seal into a ziplock bag and freeze for easy thaw and eat meal later.