

Crock Pot Mexican Corn Soup

Meets: Grains/Bread, Meat/Meat Alternate, & Fruit/Vegetable

- 2 lbs. chicken tenders
- 2 (7 oz.) cans Mexicorn
- 1/4 cup chopped green bell peppers
- 1 (10 oz.) can Mexican Festival Ro-tel tomatoes
- 1 (15 oz.) can black beans
- 2 (14 1/2 oz.) cans chicken broth
- 1 (1 oz.) package taco seasoning mix
- 1 cup shell pasta

Place all ingredients except pasta into slow cooker and cook for 6 to 8 hours. Add pasta in the last hour and a half of cooking time.

Slow Cooker Pot Roast

Meets: Meat/Meat Alternate

- 2 (10.75 oz.) cans condensed cream of mushroom soup
- 1 (1oz.) package dry onion soup mix
- 1 1/4 cups water
- 5 1/2 lbs. pot roast

In a slow cooker, mix cream of mushroom soup, dry onion soup mix and water. Place pot roast in slow cooker and coat with soup mixture. Cook on High setting for 3 to 4 hours, or on Low setting for 8 to 9 hours.



Winter means hot casseroles, simmering crock-pot meals, and lots of vegetables cooked slowly in simmering soups.

Crock-pot Cheeseburger Sandwiches

Ingredients	14 Servings	Directions
Lean ground beef	1 lb + 8 oz raw weight	In large skillet, brown ground beef and garlic pepper blend until thoroughly cooked. Drain. In 3 1/2 to 4-quart slow cooker, combine cooked ground beef and all remaining ingredients except buns; mix well. Cover, cook on Low for 6-7 hours. To serve, spoon mixture into sandwich buns.
Pepper, black	1/2 t	
Cheddar Cheese, shredded	8 oz	
Milk,	2 T	
Green bell pepper, chopped	1 small	
Small onion, chopped	1 small	
Garlic cloves, minced	2 cloves	
Hamburger buns, split	7 each	

Portion size for 3-5 year old: 1/2 sandwich
 Each serving provides: 1/2 slice bread, 1 1/2 oz meat/meat alternate

Lunch or Dinner Menu Ideas:

- HM Macaroni & Cheese, Hamburger, Mixed Vegetables, Apple, Milk
- Meatballs, Rice, Green Beans, Peaches, Milk
- Teriyaki Chicken, Peas, Fruit Salad, Rice, Milk
- Crock-pot Cheeseburger Sandwiches, Cherry Tomatoes, Mixed Berries, Milk
- Slow Cooker Pot Roast, Potatoes/carrots, Peaches, Dumplings, Milk
- Chicken Enchiladas, Tortillas, Corn, Fruit Salad, Milk
- Skillet Mac- Ground turkey, Kidney beans, Elbow macaroni, Cantaloupe, Milk
- Fish, Broccoli, French Fries, Bread Sticks, Milk