

BBQ CHICKEN CHILI



GROCERY LIST

WILDTREE PRODUCTS

- Wicked Good Slow Cooker Sauce

PROTEIN

- Chicken breasts, boneless skinless, 1 pound

PRODUCE

- Yellow bell pepper, 1
- Yellow onion, ½

MISCELLANEOUS

- Pinto beans, 1 (15.5 ounce) can
- Kidney beans, 1 (15.5 ounce) can
- Diced green chilies, 1 (4 ounce) can
- Chicken broth, low sodium, 1 cup



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ADVOCATE
Kimberley Pekrul

5 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 4-5 HOURS

Per Serving: 340 Calories (kcal) | 3.5 Fat (g) | 0.5 Saturated Fat (g) | 43 Carbohydrates (g)
11 Fiber (g) | 13 Sugar (g) | 32 Protein (g) | 55 Cholesterol (mg) | 330 Sodium (mg)

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INGREDIENTS

- 1 pound boneless skinless chicken breasts
- 1 (15.5 ounce) can pinto beans, drained and rinsed
- 1 (15.5 ounce) can kidney beans, drained and rinsed
- 1 yellow bell pepper, diced
- ½ yellow onion, diced
- 1 (4 ounce) can diced green chilies
- ¾ cup **Wicked Good Slow Cooker Sauce**
- 1 cup low sodium chicken broth

KITCHEN TOOLS

- Knife
- Cutting board
- Slow cooker/electric pressure cooker
- Tongs
- Can opener
- Strainer
- Measuring cups

BBQ CHICKEN CHILI

STEP-BY-STEP DIRECTIONS



1 Add all ingredients to a slow cooker. Cover and cook on high for 4-5 hours or until chicken is very tender. Alternately, cook ingredients in an electric pressure cooker for 25 minutes. Use quick release.



2 Shred chicken with forks or tongs.



3 Serve with desired toppings such as sour cream, scallions, shredded cheese, cilantro, and/or tortilla strips.

CHICKEN BACON RANCH SOUP



GROCERY LIST

WILDTREE PRODUCTS

○ Creamy Ranch Dressing & Dip Mix

PROTEIN

○ Chicken breasts, boneless and skinless, 1 pound
○ Bacon, 4 ounces

PRODUCE

○ Broccoli florets, ½ pound

DAIRY

○ Cream cheese, 4 ounces
○ Cheddar cheese, 1 cup shredded
○ Heavy cream, ½ cup

MISCELLANEOUS

○ Chicken broth, low sodium, 3 cups

4 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 4-6 HOURS

Per Serving: 680 Calories (kcal) | 46 Fat (g) | 23 Saturated Fat (g) | 14 Carbohydrates (g)
1 Fiber (g) | 7 Sugar (g) | 53 Protein (g) | 205 Cholesterol (mg) | 1040 Sodium (mg)

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INGREDIENTS

- 1 pound boneless skinless chicken breasts
- 3 cups low sodium chicken broth
- **1 bag Creamy Ranch Dressing & Dip Mix**
- ½ pound broccoli florets
- 4 ounces cream cheese, softened
- 1 cup shredded cheddar cheese
- ½ cup heavy cream
- 4 ounces bacon, chopped

KITCHEN TOOLS

- Slow cooker/electric pressure cooker
- Measuring cups
- Tongs
- Knife
- Cutting board
- 12-inch nonstick skillet
- Rubber spatula
- Paper towel-lined plate

CHICKEN BACON RANCH SOUP

STEP-BY-STEP DIRECTIONS



1 Add chicken to the bottom of a slow cooker. Whisk together chicken broth and **Creamy Ranch Dressing & Dip Mix**. Pour over chicken. Cover and cook on high for 6 hours or low for 4 hours or until chicken is very tender. Alternately, cook ingredients in an electric pressure cooker for 25 minutes. Use quick pressure release.



2 Shred chicken. Add broccoli and continue cooking for about 15 minutes or until broccoli is tender. (Cook for 2 minutes in the pressure cooker. Use natural pressure release.)



3 Stir in cream cheese, cheddar cheese, and heavy cream until completely combined.



4 Meanwhile, cook bacon in a 12-inch nonstick skillet to desired doneness. Drain on a paper towel-lined plate.



5 Serve soup topped with bacon and extra cheese if desired.

CHICKEN ENCHILADA SOUP



GROCERY LIST

WILDTREE PRODUCTS

- Tia Rosa's Red Enchilada Sauce

PROTEIN

- Chicken breasts, boneless skinless, 1 ½ pounds

PRODUCE

- Green bell pepper, 1
- Corn, frozen, 1 cup

DAIRY

- Cream cheese, 4 ounces

MISCELLANEOUS

- Black beans, 1 (15.5 ounce) can
- Diced tomatoes with green chilies, 1 (14.5 ounce) can
- Chicken broth, low sodium, 1 cup



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6 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 4-6 HOURS

Per Serving: 310 Calories (kcal) | 10 Fat (g) | 3.5 Saturated Fat (g) | 22 Carbohydrates (g)
5 Fiber (g) | 4 Sugar (g) | 33 Protein (g) | 95 Cholesterol (mg) | 590 Sodium (mg)

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INGREDIENTS

- 1 ½ pounds boneless skinless chicken breasts
- 1 green bell pepper, diced
- 1 (15.5 ounce) can black beans, drained and rinsed
- 1 (14.5 ounce) can diced tomatoes with green chilies
- 1 cup frozen corn
- 1 cup low sodium chicken broth
- ½ cup **Tia Rosa's Red Enchilada Sauce**
- 4 ounces cream cheese, cut into cubes

KITCHEN TOOLS

- Knife
- Cutting board
- Slow cooker/electric pressure cooker
- Can opener
- Strainer
- Measuring cups

CHICKEN ENCHILADA SOUP

STEP-BY-STEP DIRECTIONS



1 Add chicken, bell pepper, beans, diced tomatoes, corn, chicken broth, and Tia Rosa's Red Enchilada Sauce to a slow cooker. Cover and cook on low for 6 hours, or high for 4 hours. Alternately, cook ingredients in an electric pressure cooker for 25 minutes. Use quick release.



2 Shred chicken with forks or tongs.



3 Stir in cream cheese until melted and smooth.



4 Serve with desired toppings.

ENCHILADA PORK TACOS



GROCERY LIST

WILDTREE PRODUCTS

- Tia Rosa's Red Enchilada Sauce
- Spicy Carne Asada Seasoning

PROTEIN

- Pork tenderloin, 1 ½ pounds

PRODUCE

- Red onion, 1
- Lime juice, ¼ cup
- Cilantro ½ cup

BREAD/PASTA/RICE/FLOUR

- Corn tortillas, 12 (6-inch)

MISCELLANEOUS

- Tomato sauce, 1 (8ounce) can
- Diced green chilies, 1 (4 ounce) can
- Corn tortillas, 12



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6 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 4-6 HOURS

Per Serving: 290 Calories (kcal) | 7 Fat (g) | 1.5 Saturated Fat (g) | 31 Carbohydrates (g)
4 Fiber (g) | 4 Sugar (g) | 27 Protein (g) | 75 Cholesterol (mg) | 260 Sodium (mg)

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INGREDIENTS

- 1 ½ pounds pork tenderloin
- 1 (8 ounce) can no salt added tomato sauce
- 1 (4 ounce) can diced green chilies
- ½ cup **Tia Rosa's Red Enchilada Sauce**
- 2 teaspoons **Spicy Carne Asada Seasoning**
- 1 red onion, thinly sliced
- ¼ cup lime juice
- ½ cup cilantro
- 12 (6-inch) corn tortillas

KITCHEN TOOLS

- Slow cooker/electric pressure cooker
- Measuring cups
- Measuring spoons
- Tongs
- Knife
- Cutting board
- Mixing bowl

ENCHILADA PORK TACOS

STEP-BY-STEP DIRECTIONS



1 Add pork, tomato sauce, diced green chilies, **Tia Rosa's Red Enchilada Sauce**, and **Spicy Carne Asada Seasoning** to a slow cooker. Cover and cook on low for 6 hours or on high for 4 hours. Alternately, cook ingredients in an electric pressure cooker for 45 minutes. Use quick release.



2 Meanwhile, marinate sliced red onion in lime juice for at least 20 minutes, stirring occasionally. Season with salt if desired.



3 Shred pork with forks or tongs and toss with liquid in the slow cooker.



4 Serve shredded pork on corn tortillas with cilantro and marinated red onion.



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MEXICAN CHEESE STEAKS



GROCERY LIST

WILDTREE PRODUCTS

- Spicy Carne Asada Seasoning
- Tia Rosa's Red Enchilada Sauce

PROTEIN

- Beef chuck roast, 1 ½ pounds

PRODUCE

- Yellow onion, 1
- Red bell pepper, 1

BREAD/PASTA/RICE/FLOUR

- Mini sub rolls, 6

DAIRY

- Pepper jack cheese,
1 cup shredded

MISCELLANEOUS

- Oil, 1 tablespoon

6 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 4-6 HOURS

Per Serving: 480 Calories (kcal) | 18 Fat (g) | 6 Saturated Fat (g) | 45 Carbohydrates (g)

1 Fiber (g) | 9 Sugar (g) | 37 Protein (g) | 90 Cholesterol (mg) | 870 Sodium (mg)

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INGREDIENTS

- 1 ½ pounds beef chuck roast, cut into 2-inch pieces
- 1 tablespoon **Spicy Carne Asada Seasoning**
- ½ cup beef broth
- ½ cup **Tia Rosa's Red Enchilada Sauce**
- 1 tablespoon oil (Wildtree Natural Grapeseed Oil recommended)
- 1 yellow onion, sliced
- 1 bell pepper, sliced
- 1 teaspoon **Spicy Carne Asada Seasoning**
- 6 mini sub rolls
- 1 cup shredded pepper jack cheese

KITCHEN TOOLS

- Knife
- Cutting board
- Measuring cups
- Measuring spoons
- Slow cooker/electric pressure cooker
- Tongs

MEXICAN CHEESE STEAKS

STEP-BY-STEP DIRECTIONS



1 Add chuck roast, 1 tablespoon **Spicy Carne Asada Seasoning**, and beef broth to a slow cooker. Cover and cook on low for 6 hours or high for 4 hours or until beef is very tender. Alternately, cook ingredients in an electric pressure cooker for 45 minutes. Use quick release.



2 Remove beef from slow cooker and shred with forks or tongs and toss with **Tia Rosa's Red Enchilada Sauce**.



3 Meanwhile, heat oil in a 12-inch nonstick skillet over medium heat. Add onion, bell pepper, and remaining 1 teaspoon **Carne Asada Seasoning**. Saute for 5-10 minutes or until vegetables are tender.



4 Assemble subs with shredded beef, onions and peppers, and shredded pepper jack cheese. Optional: Bake subs at 400°F for about 5 minutes, or until cheese is melted and bread is lightly toasted.

MISSISSIPPI POT ROAST



GROCERY LIST

WILDTREE PRODUCTS

○ Creamy Ranch Dressing & Dip Mix

PROTEIN

○ Beef chuck roast, 4 pounds

PRODUCE

○ Yellow onion, 1

○ Garlic, 2 tablespoons minced

MISCELLANEOUS

○ Beef broth, low sodium, ½ cup

○ Pepperoncini peppers,
1 (12 ounce) container

○ Oil, 2 tablespoons



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5 SERVINGS | PREP TIME: 15 MINUTES | COOK TIME: 4-6 HOURS

Per Serving: 470 Calories (kcal) | 17 Fat (g) | 5 Saturated Fat (g) | 12 Carbohydrates (g)

1 Fiber (g) | 4 Sugar (g) | 63 Protein (g) | 180 Cholesterol (mg) | 1160 Sodium (mg)

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INGREDIENTS

- ½ cup low sodium beef stock
- 1 (12 ounce) container of pepperoncini peppers
- 1 yellow onion, sliced
- 2 tablespoons minced garlic
- 4 pounds beef chuck roast
- **1 bag Creamy Ranch Dressing & Dip Mix**
- **2 tablespoons oil (Wildtree Natural Grapeseed Oil recommended)**

KITCHEN TOOLS

- Slow cooker/electric pressure cooker
- Knife
- Cutting board
- Tongs
- Measuring cups
- Measuring spoons
- 12-inch nonstick skillet

MISSISSIPPI POT ROAST

STEP-BY-STEP DIRECTIONS



1 Add beef broth, pepperoncini peppers with brine, onion, and garlic to the slow cooker.



2 Cut chuck roast into 4-inch pieces. Trim off excess fat. Season with Creamy Ranch Dressing & Dip Mix.



3 Heat oil in a 12-inch nonstick skillet over medium-high heat. Sear beef on all sides until browned. Transfer seared beef to the slow cooker. Cover and cook on high for 5 hours, or low for 7 hours, or until beef is every tender. Alternately, cook ingredients in an electric pressure cooker for 70 minutes. Use quick pressure release.



4 Shred beef with forks or tongs.



5 Serve with your favorite sides or as a sandwich.

POLLO ASADA RICE BOWLS



GROCERY LIST

WILDTREE PRODUCTS

○ Spicy Carne Asada Seasoning

PROTEIN

○ Chicken breasts, boneless skinless, 1 ½ pounds

PRODUCE

○ Yellow onion, ½
○ Garlic, 2 tablespoons minced
○ Lime, 1
○ Orange, 1
○ Avocados, 2
○ Cilantro, ¼ cup

BREAD/PASTA/RICE/FLOUR

○ Instant brown rice, 2 cups

DAIRY

○ Queso fresco, 1 cup

MISCELLANEOUS

○ Black beans, 1 (15.5 ounce) can

6 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 4-6 HOURS

Per Serving: 500 Calories (kcal) | 19 Fat (g) | 5 Saturated Fat (g) | 47 Carbohydrates (g)

11 Fiber (g) | 3 Sugar (g) | 38 Protein (g) | 47 Cholesterol (mg) | 500 Sodium (mg)

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INGREDIENTS

- ½ yellow onion, diced
- 2 tablespoons minced garlic
- 1 (15.5 ounce) can black beans, drained and rinsed
- 1 lime, juice
- 1 orange, juiced
- 1 ½ pound boneless skinless chicken breasts
- **2 ½ tablespoons Spicy Carne Asada Seasoning**
- 2 cups instant brown rice
- 2 avocados, sliced
- 1 cup crumbled queso fresco
- ¼ cup chopped cilantro

KITCHEN TOOLS

- Slow cooker, or pressure cooker
- Knife
- Cutting board
- Measuring spoons
- Measuring cups
- Tongs
- Saucepan with lid

POLLO ASADA RICE BOWLS

STEP-BY-STEP DIRECTIONS



1 Add onion, garlic, black beans, lime juice, and orange juice to a slow cooker. Season chicken breast with **Spicy Carne Asada Seasoning** and add to the slow cooker. Cover and cook on high for 4 hours or low for 6 hours, until chicken is very tender. Alternately, cook ingredients in an electric pressure cooker for 25 minutes. Use quick release.



2 Shred chicken and toss with sauce in the slow cooker.



3 Meanwhile, prepare rice according to package directions.



4 Serve shredded chicken over prepared rice with toppings such as avocado, cheese, and cilantro.

PULLED PORK NACHOS



GROCERY LIST

WILDTREE PRODUCTS

- Spicy Carne Asada Seasoning
- Wicked Good Slow Cooker Sauce
- Creamy Ranch Dressing & Dip Mix

PROTEIN

- Pork tenderloin, 1 pound

PRODUCE

- Cole slaw mix, 1 (8.5 ounce) bag

DAIRY

- Cheddar, 2 cups shredded

MISCELLANEOUS

- Tortilla chips, 8 ounces
- Mayonnaise, 1 cup
- Chicken broth, low sodium, ¼ cup

6 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 4-6 HOURS

Per Serving: 740 Calories (kcal) | 52 Fat (g) | 12 Saturated Fat (g) | 40 Carbohydrates (g)
0 Fiber (g) | 11 Sugar (g) | 29 Protein (g) | 100 Cholesterol (mg) | 960 Sodium (mg)

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INGREDIENTS

- 1 pound pork tenderloin
- 1 **tablespoon Spicy Carne Asada Seasoning**
- ¼ cup low sodium chicken broth
- ¾ **cup Wicked Good Slow Cooker Sauce**
- 8 ounces tortilla chips
- 2 cups shredded cheddar
- 1 (8.5 ounce) bag coleslaw mix
- 1 cup mayonnaise
- 1 **bag Creamy Ranch Dressing & Dip Mix**

KITCHEN TOOLS

- Slow cooker/electric pressure cooker
- Measuring cups
- Measuring spoons
- Tongs
- Mixing bowl
- Sheet pan

PULLED PORK NACHOS

STEP-BY-STEP DIRECTIONS



1 Cut pork into 2-inch sections and season with **Spicy Carne Asada Seasoning**. Add to slow cooker with ¼ cup chicken broth. Cover and cook on high for 4 hours or low for 6 or until pork is very tender. Alternately, cook ingredients in an electric pressure cooker for 45 minutes. Use quick release.



2 Remove pork from slow cooker. Shred or dice and toss with **Wicked Good Slow Cooker Sauce**.



3 Spread tortilla chips on a sheet pan. Top with 1 cup cheese, shredded pork, then remaining 1 cup cheese. Bake at 350°F for about 10 minutes or until cheese is melted.



4 Meanwhile, mix together coleslaw mix, mayo, and **Creamy Ranch Dressing & Dip Mix**.



5 Top baked nachos with prepared ranch coleslaw and other desired toppings.

WEEK 1

BBQ Chicken Chili | Chicken Bacon Ranch Soup | Enchilada Pork Tacos | Mexican Cheese Steaks

WILDTREE PRODUCTS

- Wicked Good Slow Cooker Sauce
- Creamy Ranch Dressing & Dip Mix
- Spicy Carne Asada Seasoning
- Tia Rosa's Red Enchilada Sauce

PROTEIN

- Chicken breasts, boneless skinless, 2 pounds
- Bacon, 4 ounces
- Beef chuck roast, 1 ½ pounds
- Pork tenderloin, 1 ½ pounds

PRODUCE

- Yellow bell pepper, 1
- Yellow onion, 1 ½
- Broccoli florets, ½ pound
- Red bell pepper, 1
- Red onion, 1
- Lime juice, ¼ cup
- Cilantro ½ cup

BREAD/PASTA/RICE/FLOUR

- Mini sub rolls, 6
- Corn tortillas, 12 (6-inch)

DAIRY

- Cream cheese, 4 ounces
- Cheddar cheese, 1 cup
- Heavy cream, ½ cup
- Pepper jack cheese, 1 cup shredded

MISCELLANEOUS

- Pinto beans, 1 (15.5 ounce) can
- Kidney beans, 1 (15.5 ounce) can
- Diced green chilies, 1 (4 ounce) can
- Chicken broth, low sodium, 4 cups
- Oil, 1 tablespoon
- Tomato sauce, 1 (8ounce) can
- Diced green chilies, 1 (4 ounce) can
- Corn tortillas, 12 (6-inch)



WEEK 2

Chicken Enchilada Soup | Mississippi Pot Roast | Pulled Pork Nachos | Pollo Asada Rice Bowls

WILDTREE PRODUCTS

- Wicked Good Slow Cooker Sauce
- Creamy Ranch Dressing & Dip Mix
- Spicy Carne Asada Seasoning
- Tia Rosa's Red Enchilada Sauce

PROTEIN

- Chicken breasts, boneless skinless, 2 ½ pounds
- Beef chuck roast, 4 pounds
- Pork tenderloin, 1 pound

PRODUCE

- Green bell pepper, 1
- Corn, frozen, 1 cup
- Yellow onion, 1 ½
- Garlic, 2 tablespoons minced
- Cole slaw mix, 1 (8.5 ounce) bag
- Garlic, 2 tablespoons minced
- Lime, 1
- Orange, 1
- Avocados, 2
- Cilantro, ¼ cup

BREAD/FLOUR/RICE/FLOUR

- Instant brown rice, 2 cups

DAIRY

- Queso fresco, 1 cup
- Cream cheese, 4 ounces
- Cheddar, 2 cups shredded

MISCELLANEOUS

- Black beans, 2 (15.5 ounce) cans
- Diced tomatoes with green chilies, 1 (14.5 ounce) can
- Chicken broth, low sodium, 1 ¼ cups
- Beef broth, low sodium, ½ cup
- Pepperoncini peppers, 1 (12 ounce) container
- Oil, 2 tablespoons
- Tortilla chips, 8 ounces
- Mayonnaise, 1 cup

