BBQ CHICKEN CHILI



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)



- O 1 pound boneless skinless chicken breasts
- O 1 (15.5 ounce) can pinto beans, drained and rinsed
- O 1 (15.5 ounce) can kidney beans, drained and rinsed
- O 1 yellow bell pepper, diced
- O ½ yellow onion, diced
- O 1 (4 ounce) can diced green chilies
- O 3/4 cup Wicked Good Slow Cooker Sauce
- O 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



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.



Shred chicken with forks or tongs.



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



CHICKEN BACON RANCH SOUP



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)



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



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.



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.)



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



Meanwhile, cook bacon in a 12-inch nonstick skillet to desired doneness.

Drain on a paper towel-lined plate.



Serve soup topped with bacon and extra cheese if desired.



CHICKEN ENCHILADA SOUP





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)



- O 1 ½ pounds boneless skinless chicken breasts
- O 1 green bell pepper, diced
- O 1 (15.5 ounce) can black beans, drained and rinsed
- O 1 (14.5 ounce) can diced tomatoes with green chilies
- O 1 cup frozen corn
- O 1 cup low sodium chicken broth
- O 1/2 cup Tia Rosa's Red Enchilada Sauce
- O 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



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.



Serve with desired toppings.



Shred chicken with forks or tongs.



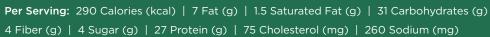
Stir in cream cheese until melted and smooth.



ENCHILADA PORK TACOS









- O 1½ pounds pork tenderloin
- O 1 (8 ounce) can no salt added tomato sauce
- O 1 (4 ounce) can diced green chilies
- O ½ cup Tia Rosa's Red Enchilada Sauce
- O 2 teaspoons Spicy Carne Asada Seasoning
- O 1 red onion, thinly sliced
- O 1/4 cup lime juice
- O ½ cup cilantro
- O 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



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.



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



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



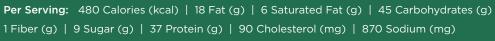
Shred pork with forks or tongs and toss with liquid in the slow cooker.



MEXICAN CHEESE STEAKS









- O 1½ pounds beef chuck roast, cut into 2-inch pieces
- O 1 tablespoon Spicy Carne Asada Seasoning
- O ½ cup beef broth
- ½ cup Tia Rosa's Red Enchilada Sauce
- 1 tablespoon oil (Wildtree Natural Grapeseed Oil recommended)
- O 1 yellow onion, sliced
- O 1 bell pepper, sliced
- O 1 teaspoon Spicy Carne Asada Seasoning
- O 6 mini sub rolls
- O 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



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.



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



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.



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



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)



- O ½ cup low sodium beef stock
- O 1 (12 ounce) container of pepperoncini peppers
- O 1 yellow onion, sliced
- O 2 tablespoons minced garlic
- O 4 pounds beef chuck roast
- O 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



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



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



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.



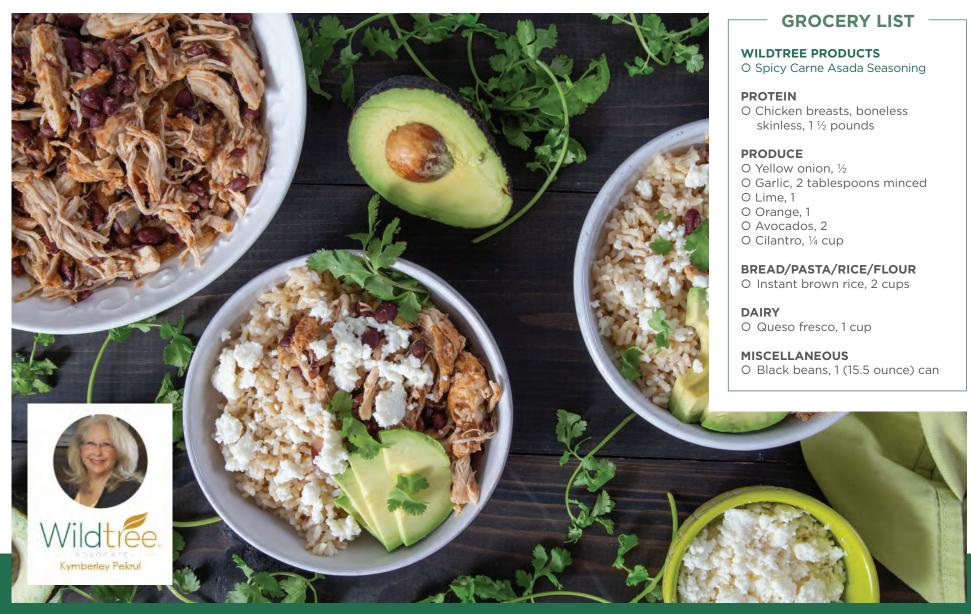
Shred beef with forks or tongs.



Serve with your favorite sides or as a sandwich.



POLLO ASADA RICE BOWLS



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 (q) | 3 Sugar (q) | 38 Protein (q) | 47 Cholesterol (mg) | 500 Sodium (mg)



- O ½ yellow onion, diced
- O 2 tablespoons minced garlic
- O 1 (15.5 ounce) can black beans, drained and rinsed
- O 1 lime, juice
- O 1 orange, juiced
- O 1 ½ pound boneless skinless chicken breasts
- \bigcirc 2 $\frac{1}{2}$ tablespoons Spicy Carne Asada Seasoning
- O 2 cups instant brown rice
- O 2 avocados, sliced
- O 1 cup crumbled queso fresco
- O 1/4 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



Add onion, garlic, black beans, lime juice, and orange juice to a slow cooker. Season chicken breast with Spicy Carne Asada Seasoning an 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.



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



Shred chicken and toss with sauce in the slow cooker.



Meanwhile, prepare rice according to package directions.



PULLED PORK NACHOS



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)



- O 1 pound pork tenderloin
- O 1 tablespoon Spicy Carne Asada Seasoning
- O 1/4 cup low sodium chicken broth
- ¾ cup Wicked Good Slow Cooker Sauce
- O 8 ounces tortilla chips
- O 2 cups shredded cheddar
- O 1 (8.5 ounce) bag coleslaw mix
- O 1 cup mayonnaise
- O 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



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.



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



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.



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



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

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

PROTEIN

- O Chicken breasts, boneless skinless, 2 pounds
- O Bacon, 4 ounces
- O Beef chuck roast, 1½ pounds
- O Pork tenderloin, 1 ½ pounds

PRODUCE

- O Yellow bell pepper, 1
- O Yellow onion, 1 1/2
- O Broccoli florets, ½ pound
- O Red bell pepper, 1
- O Red onion, 1
- O Lime juice, 1/4 cup
- O Cilantro ½ cup

BREAD/PASTA/RICE/FLOUR

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

DAIRY

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

MISCELLANEOUS

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



WEEK 2

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

WILDTREE PRODUCTS

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

PROTEIN

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

PRODUCE

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

BREAD/FLOUR/RICE/FLOUR

O Instant brown rice, 2 cups

DAIRY

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

MISCELLANEOUS

- O Black beans, 2 (15.5 ounce) cans
- O Diced tomatoes with green chilies, 1 (14.5 ounce) can
- O Chicken broth, low sodium, 1 1/4 cups
- O Beef broth, low sodium, ½ cup
- O Pepperoncini peppers, 1 (12 ounce) container
- O Oil, 2 tablespoons
- O Tortilla chips, 8 ounces
- O Mayonnaise, 1 cup

