**Life’s Easiest one pot shrimp pasta**

3-4 servings

1 Bag of Frozen cooked peeled no tails shrimp (optional)

1 can of diced tomatoes with the green chilies

1 chopped onion (yellow)

1 cup chopped spinach-or more! (Optional)

2 tablespoons of tomato paste

1 box of spaghetti or your favorite pasta (linguine works well or any gluten free pasta)

1/4 cup of oil (olive oil)

1 teaspoon salt

1/2 teaspoon pepper

2 cloves of minced jar garlic (I just used what felt right and it was a lot)

About 20oz Chicken broth or water (enough to cover the pasta)

Grated cheese when ready to serve (parm)

Throw everything in a large pot or Dutch oven at the exact same time on medium/high heat and leave the lid on for about 10 minutes or until all the liquid is gone

In the last two minutes, throw in thawed shrimp so that it’ll warm up

Serve immediately

**QUICK Vegan Banana pancakes**

Makes about 12 pancakes

2 1/2 cups whole wheat flour or all-purpose flour

2 tablespoons brown or white sugar

2 teaspoons baking soda

1/2 teaspoon sat

2 cups nondairy milk (almond)

1 banana mash (about 1/3 cup)

Coconut oil for cooking the pancakes

In a large bowl whisk together all the dry ingredients. Make a crater in the middle and add the milk and mashed banana.

Do not over mix or pancakes will be tough

Grab a griddle or a skillet heat it to medium heat. Lightly greasy the pan with some oil then pour in some pancake mix. Cook first side about 2 minutes or until bubbles appear on top then flip and continue cooking the other side for 1-2 minutes until the pancakes look golden brown

Make a double or triple batch and freeze extra pancakes

Or mix the dry ingredients in advance and then you’re ready when you have a banana and milk

**Crockpot chicken tacos**

16oz salsa (your favorite)

2 limes, juiced

1 package taco seasoning

3 tablespoons fresh cilantro, chopped

3lb chicken breast (or thighs)

Salt, to taste

Pepper, to taste

Whatever Taco stuff you want: tortillas, Pico, avocado/guacamole, hot sauce, sour cream, shred lettuce, shredded cheese, or a salad and put chicken on top!

In your slow cooker, mix the salsa, lime juice, taco seasoning, and cilantro.

Salt and pepper the chicken to taste, then mix into the sauce. Cover and cook on high for four hours or low for seven to eight hours.

Remove the chicken, shred with two forks, and return to the slow cooker and stir.

Freeze leftovers in an airtight bag for up to six months!

**1 Bowl Pumpkin Muffins**

15oz can pumpkin puree

1/3 cup melted butter

½ cup milk

1 ¼ cup brown sugar (lightly packed)

1 ¾ cup gluten free flour (or all purpose flour)

1 tablespoon baking powder

½ teaspoon salt

2 teaspoons ground cinnamon

½ teaspoon ground nutmeg

½ teaspoon ground ginger

¼ teaspoon ground cloves

Optional ad ins: 1 cup chocolate chips, raisins, cranberries, or chopped walnuts

Preheat the oven to 375 degrees F and lightly grease a muffin pan. If you use paper liners, also make sure to spray the cups lightly with oil so the muffins don’t get stuck to the paper

In a large mixing bowl, add the pumpkin, melted butter, milk, and brown sugar. Whisk until well combined and smooth.

Sift the flour, baking powder, salt, and spices over the wet mixture

Mix the dry ingredients into the wet gently using a large wooden spoon until just combined- careful not to over mix

Fold in any optional ad ins

Fill the muffin cups full

Bake for 22-25 minutes until a toothpick inserted in the middle comes out clean. Enjoy!

**Crock-pot Chicken Noodle Soup**

1 lb. boneless, skinless chicken breast  
3 stalks of celery, sliced  
3 carrots, peeled and sliced  
1 medium onion, diced  
2 garlic cloves, minced  
1 tbsp thyme  
1 tbsp rosemary  
1 teaspoon salt  
8 cups chicken bone broth  
8 oz. egg noodles (or your favorite gluten free pasta/noodles)

Add the chicken, celery, carrots, onion, garlic cloves, thyme, and rosemary into the slow cooker.

Pour in the chicken broth.

Cook on high for 3-4 hours or low for 6-8 hours.

During the last 15 minutes, remove the chicken breast. Shred with a fork.

Add the chicken breast back in, as well as the egg noodles. Cook for the last 15 minutes.

Serve with salad and bread

**Crock-pot Beef & Broccoli**

1 16 oz. flank steak, sliced thin  
2 broccoli crowns, cut into florets (around 4-5 cups)  
1/2 cup gluten free soy sauce (or coconut aminos)  
1 tablespoon gluten free rice vinegar  
1 tablespoon brown sugar  
2 teaspoons grated ginger  
2 garlic cloves, minced  
1 teaspoon Sriracha  
1/2 teaspoon chili flakes  
1 teaspoon honey  
1 cup beef bone broth  
1 tablespoon cornstarch

Add in the flank steak and broccoli florets to the slow cooker.

In a small bowl, whisk together the soy sauce, rice vinegar, brown sugar, sriracha, chili flakes, grated ginger, garlic, and honey.

Add in the sauce to the slow cooker, mix with the steak and broccoli.

Pour in the beef broth

Turn the slow cooker on low for 2 hours.

During the last 30 minutes, mix together the cornstarch with 1/4 cup of water to make a slurry. Add the mixture to the crock-pot.

Serve on rice, and sprinkle sesame seeds, if desired.

Freeze this meal and save it for later! Add the whisked sauce mixture to one smaller sandwich bag, then add it to a larger gallon-size freezer bag with the beef and broccoli. Make sure to defrost the meal in the refrigerator 24 hours before putting it into the slow cooker. Mix ingredients together so they are evenly distributed before turning on the slow cooker. Pour in the beef stock and follow the normal instructions from there.

Artichoke Chicken

8 boneless skinless chicken breast halves (4oz each)

2 tablespoons butter

2 jars (6oz each) marinated quartered artichoke hearts, drained

1 jar (4 ½ oz) whole mushrooms, drained

½ cup chopped onion

1/3 cup flour

1 ½ teaspoons dried rosemary, crushed

¾ teaspoons salt

¼ teaspoon pepper

2 cups chicken bone broth

Hot cooked pasta

Minced fresh parsley

In a large skillet, brown chicken in butter. Remove chicken to an ungreased 13x9-in. baking dish. Arrange artichokes and mushrooms on top of chicken.

Sauté onion in pan juices until crisp-tender. Combine the flour, rosemary, salt and pepper. Stir into pan until blended. Add chicken broth. Bring to a boil; cook and stir until thickened and bubbly, about 2 minutes. Spoon over chicken.

Bake, uncovered, at 350° until a thermometer inserted in the chicken reads 165°, about 40 minutes. If desired, serve with pasta. Sprinkle with parsley.

Freeze this meal and save it for later! Cool unbaked casserole; cover and freeze. To use, partially thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 350°. Bake casserole as directed, increasing time as necessary to heat through and for a thermometer inserted in the chicken to read 165°.

Creamy Lemon Butter Chicken

6 bone-in, skin-on chicken thighs (or boneless skinless)

1 tablespoon paprika

Salt & pepper to taste

3 tablespoons unsalted butter

3 cloves garlic

½ cup heavy cream

¼ cup parmesan cheese

1 lemon, juiced

2 cups fresh baby spinach

1 teaspoon dried thyme

1 cup chicken bone broth

Cooked rice (optional)

Season chicken thighs with salt, pepper, and paprika.

Melt 2 Tbsp. butter in a large oven-proof skillet (Dutch oven/cast iron skillet) over medium high heat. Add chicken, skin-side down, and sear both sides until golden brown. Drain excess fat (optional) and set chicken aside.

Melt 1 Tbsp. butter in the skillet. Add garlic, stir until fragrant, then add chicken broth, heavy cream, Parmesan, lemon juice, thyme, and stir. Bring to boil, then reduce heat to low.

Stir in spinach, simmer until spinach has wilted and the sauce has thickened.

Return chicken to the skillet. Bake at 400˚F (200˚C) for 25 minutes.

Optional: Serve over cooked rice

Enjoy!