



the

Top 5 Family Favorites

COOK

BOOK

Dinners

Hello There!

These are the current top 5 meals our family loves. Some are quick and easy and others take a bit of time so we mostly enjoy those on weekends. I hope you enjoy adding these to your meal plan to change up your typical menu.

Love,

Jacquie

- 3 Homemade Pizza
- 4 Coca-Cola Roast Beef
- 5 Stuffed Bell Peppers
- 6 Taco in a Pan
- 7 Salsa Chicken

Homemade Pizza

Past down from Family

prep time	cook time	serves
25 min	30 min bake	3-4

things you need

2 1/2 cup
Flour

2 tbsp
Yeast

1/2 tsp
Salt

1 cup
Lukewarm Water

Toppings of your Choice

1/2 tsp
Sugar

here's how

- 1 in a mixing bowl, combine flour and salt. Warm oven for rising dough.
- 2 In a measuring cup, combine lukewarm water, yeast, and sugar. Let rise for 5-10 minutes.
- 3 Prepare all toppings while the yeast rises. Spray Pizza Pan with a non-stick spray.
- 4 Mix together yeast mixture and flour mixture, forming into a soft ball. Let dough rise in a slightly warm oven for 10-15 minutes.
- 5 Preheat oven to 450 degrees F.
- 6 Roll dough for baking sheet, apply pizza sauce and toppings of choice (except cheese) bake at 450 degrees F for 20 minutes.
- 7 Add cheese and bake for additional 10 minutes.

helpful notes

Thin crust pizza may need closer to 3 cups flour, whereas a softer crust will use the 2 1/2 cups of flour.

Coca-Cola Roast Beef

From youretoocrafty.blogspot.com

prep time

5 min

cook time

4-8 hours

serves

4-6

things you need

Boneless Roast Beef

Frozen or Fresh

1 Packet

Pot Roast Slow Cooker Spice

1 Can

Coca-Cola (or Pepsi)

1 Packet

Au Jus Spice

1 Cup

Water

here's how

- 1 Place roast in slow cooker.
- 2 Mix pot roast seasoning in water and pour over roast.
- 3 Pour can of Coca-Cola over the roast.
- 4 Cook on High for 4 hours or Low for 8 hours.
- 5 Before Removing from Slow Cooker, sprinkle Au Jus over the roast.
- 6 Remove, slice and serve.

helpful notes

The juices from the roast beef make fabulous gravy. Strain the drippings into a pot, and bring to a boil. In a shaker cup add approx. flour and cold water to create a thickener. Shake until flour is mixed with water. Stir into boiling beef drippings until thickened to your preference.

Stuffed Bell Peppers

Inspired From geniuskitchen.com

prep time	cook time	serves
20 min	30 min	3

things you need

1 lb Ground Turkey	28 oz Can Diced Tomatoes
6 Large Bell Peppers	1/2 Cup Minute Rice
1/2 Cup Onion	2 tbsp Italian Seasoning
1 Cup Cheddar Cheese, Shredded	

here's how

- 1 Preheat oven to 350 degrees F. Cut off the bell pepper tops, remove seeds, and dice bell pepper off tops (set aside)
- 2 Boil water. Cook bell pepper for 5 minutes in boiling water (uncovered). Let drain upside down.
- 3 In a skillet cook turkey meat, onion, and chopped bell peppers until meat is cooked.
- 4 Add can of tomatoes, seasoning, and minute rice. Stir well.
- 5 Stir in 1/2 cup cheese and mix well.
- 6 Place Bell Peppers in Baking Dish, and stuff with meat mixture. Bake in oven for 25 minutes, remove to top with remaining cheese and bake for additional 5 minutes.

helpful notes

Seasoning may vary to tastes.

[www.SeekingSimpleLife.com](http://www SeekingSimpleLife.com)

Taco in a Pan

Inspired From KraftCanada.com

prep time

cook time

serves

things you need

1 lb

Extra Lean Hamburger

1 Pkg

Taco Seasoning Mix

2 3/4 Cup

Water

2 Cup

Minute Rice

1 Cup

Shredded Cheddar or Tex Mex Cheese

Toppings & Tortilla Chips

here's how

- 1 Brown ground beef in frying pan.
- 2 Add 3/4 water and taco seasoning, bring to boil and let simmer for 10 minutes uncovered, stir occasionally.
- 3 Add 2 cups water and bring to boil.
- 4 Stir in minute rice, top with shredded cheese. Cook on low heat for 5 minutes.
- 5 Serve over tortilla chips, and top with favorite toppings.

helpful notes

Toppings we enjoy: diced tomatoes, chopped lettuce, black olives, jalapeños, sour cream and salsa.

Salsa Chicken

Inspired From facebook group [losingthejigglewiggles](#)

prep time

10 min

cook time

4-8 hours

serves

4-6

things you need

2 lbs

Chicken Breast, Frozen

1 28 oz Can

Diced Tomatoes

1 Cup

Salsa

2 tbsp

Taco Seasoning

1 Cup

Onions, Diced

1/2 Cup

Carrots, diced

1/2 Cup

Celery, Diced

here's how

- 1 Place frozen chicken breasts in slow cooker.
- 2 Sprinkle seasoning over the meat. Add onion, carrots and celery.
- 3 Pour salsa and tomatoes into slow cooker.
- 4 Cook on High for 4 hours or Low for 8 hours.
- 5 Shred chicken approx. 1/2 hour before serving.
- 6 Serve over rice.

helpful notes