

Sweet Potato Beef Stew

Yield: 6 servings

prep time: 20 minutes

cook time: 1hr10min

Ingredients:

- 2 TBSP olive oil
- 2lb top sirloin steak, diced
- Salt and pepper, to taste
- 1 medium sweet onion, diced
- 1 medium carrot, peeled and diced
- 2 celery sticks, diced
- 3 cloves garlic, minced
- 8oz mushrooms, quartered
- ¼ cup all-purpose flour
- 2 TBSP tomato paste
- ½ cup dry red wine
- 4 cups beef stock
- 4 sprigs thyme
- 2 bay leaves
- 1 large sweet potato (1 ½ lbs), peeled and cut into ½ inch chunks
- 2 TBSP chopped fresh parsley

Directions:

-Heat olive oil in a large pot over medium heat. Season steak with salt and pepper, to taste. Working in batches, add steak to the stockpot and cook, stirring occasionally, until evenly browned, about 6-8 minutes; set aside.

-Add onion, carrot, and celery, cook, stirring occasionally, until tender, about 3-4 minutes.

-Add garlic and mushrooms, cook stirring occasionally until tender, about 3-4 minutes, then whisk in flour and tomato paste until lightly browned, about 1 minute.

-Stir in wine, scraping any browned bits from the bottom of the pot. Then, add the beef stock, thyme, bay leaves, and steak. Bring to a boil; reduce heat and simmer until beef is very tender, about 30 min.

-Stir in sweet potatoes; simmer until potatoes are just tender and stew has thickened, 20 min. remove and discard thyme and bay leaves. Stir in parsley; season with salt and pepper, to taste.

To Freeze: Allow to cool completely; pour into a large plastic freezer bag, squeezing out any excess air before sealing. Lay the bag flat in the freezer. To reheat, thaw overnight in the fridge, reheating over low heat, stirring occasionally, until heated through.

Black Bean Turkey Enchiladas

Yield: 14 servings Prep time: 35 minutes Bake: 15 minutes

Ingredients:

- 1 ¼ lb ground turkey
- 1 small onion, chopped
- 1 tsp taco seasoning
- ½ tsp ground cumin
- ¼ tsp pepper
- 1 package (8oz) reduced-fat cream cheese, cubed
- 1 cup shredded Mexican cheese, blend, divided
- 1 can (15oz) black beans, rinsed and drained
- 1 ½ cups frozen corn, thawed
- 1 can (14oz) fire roasted diced tomatoes, drained
- 2 cans (4oz each) chopped green chiles
- ¼ cup salsa
- 14 (8inch) tortillas, warmed
- 2 cans (10oz each) enchilada sauce

Directions:

-In a large skillet, cook turkey, onion, and seasonings over medium heat until turkey is cooked through. Stir in cream cheese and ½ cup Mexican cheese blend until melted. Stir in beans, corn, tomatoes, chiles, and salsa

-Spray two pans with nonstick spray. Place ½ cup turkey mixture off center on each tortilla. Roll up and place in pans seam side down. Top with enchilada sauce; sprinkle with remaining cheese.

To Freeze: Cool unbaked casserole; cover and freeze. To use, partially thaw in fridge overnight. Remove from fridge 30 minutes before baking. Preheat oven to 375 degrees and bake for 20-25 minutes.

Chipotle Shredded Beef

Yield: 10 servings

Prep time: 25 minutes

cook time: 8 hours

Ingredients:

- 1TSP oil
- 1 small onion, chopped
- 28oz diced tomatoes, undrained
- 1/4c cider vinegar
- ¼ cup chipped chipotle peppers in adobo sauce, plus 2 tsp sauce
- 6 garlic cloves, minced
- 1 TBSP brown sugar
- 2 bay leaves
- ½ TSP cumin
- ½ TSP paprika
- ½ TSP pepper
- ¼ TSP cinnamon
- 1 boneless beef chuck roast (2 ½ lbs)

Directions:

-Heat oil in a skillet over medium-high heat. Add onion; cook and stir 2-3 minutes. Stir in tomatoes, vinegar, peppers with sauce, garlic, brown sugar, bay leaves and spices. Bring to a boil. Reduce heat; simmer uncovered 4-6 minutes or until thickened.

-Place roast in a slow cooker and add tomato mixture. Cook on low 8-10 hours until meat is tender. Then, remove beef and shred with forks and return to slow cooker

To Freeze: Allow meat mixture to cool, then place in freezer. To use, partially thaw in fridge overnight. Heat through in a saucepan, stirring occasionally and serve over rice.