

Crockpot Black Bean Soup

Cook Before Date:

Combine all ingredients in crockpot.

Cook on low for 6-8 hours.

Mash or puree with Immersion blender to your liking.

Stir.

Slow Cooker Turkey Black Bean Chili

COOK Before Date :

Thaw night before

Add all ingredients to your slow cooker.

Cover and cook on low 6-8 hours.

Break apart turkey and stir.

CROCKPOT CHICKEN NOODLE SOUP

COOK BEFORE Date:

Also Need: 5 cups chicken broth

1 cup uncooked egg noodles

Pour in chicken broth and 6 cups of water.

Cook on high for 4 hours or low for 8 hours.

Shred chicken and add noodles.

Continue to cook until the noodles are soft. (aprox 15 mins)

