Slow Cooker Chicken & Gravy

**Ingredients**

* 4-6 boneless, skinless chicken thighs (frozen is okay)
* 1 packet onion soup mix
* 1 (13.75 oz) can cream of mushroom soup
* Rice / mashed potatoes or toast (optional)

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**Directions**

1. Place chicken thighs in bottom of slow cooker.
2. Sprinkle onion soup mix on top
3. Spoon the cream of mushroom soup over the top of the chicken.
4. Cover and cook on LOW for about 4-6 hours.
5. Remove lid, shred chicken.
6. Serve chicken and gravy over rice or mashed potatoes or toast. (Optional)
7. Enjoy!

# Sloppy Joes

**Ingredients**

* 1pound lean ground beef
* 1/4 cup chopped onion
* 1/4 cup chopped green bell pepper
* 1/2 teaspoon garlic powder
* 1 teaspoon yellow mustard
* 3/4 cup ketchup
* 3 teaspoons brown sugar
* Salt & pepper

**Directions**

1. In a medium skillet over medium heat, brown the ground beef, onion, and green pepper; drain off liquids.
2. Stir in the garlic powder, mustard, ketchup, and brown sugar; mix thoroughly.
3. Reduce heat, and simmer for 30 minutes.
4. Season with salt and pepper.
5. Enjoy!

# Thai Peanut Chicken

**Ingredients**

* 2 cups uncooked white rice
* 4 cups water
* 3 tablespoons soy sauce
* 2 tablespoons creamy peanut butter
* 2 teaspoons white wine vinegar
* 1/4 teaspoon cayenne pepper
* 3 tablespoons olive oil
* 4 skinless, boneless chicken breast halves - cut into thin strips
* 3 tablespoons chopped garlic
* 1 1/2 tablespoons chopped fresh ginger root
* 3/4 cup chopped green onions
* 2 1/2 cups broccoli florets
* 1/3 cup unsalted dry-roasted peanuts

**Directions**

1. Combine the rice and water in a saucepan over medium-high heat.
2. Bring to a boil, then reduce heat to low, cover, and simmer for 20 minutes, or until rice is tender.
3. In a small bowl, stir together the soy sauce, peanut butter, vinegar, and cayenne pepper.
4. Set aside.
5. Heat oil in a skillet or wok over high heat.
6. Add chicken, garlic and ginger, and cook, stirring constantly, until chicken is golden on the outside, about 5 minutes.
7. Reduce heat to medium, and add green onion, broccoli, peanuts, and the peanut butter mixture.
8. Cook, stirring frequently, for 5 minutes, or until broccoli is tender, and chicken is cooked through.
9. Serve over rice.
10. Enjoy!

**Side Note:** If you like it mild, use less cayenne, like it spicy, use more. If you're salt conscious, use low sodium soy sauce.