

SLOW COOKER SOPA AZTECA

WITH CHICKEN, TORTILLA CHIPS & AVOCADO



SERVINGS: 4



ACTIVE: 25 MIN | TOTAL: 6 HR 25 MIN

A blend of spices and some smoky adobo sauce give this soup great flavor, but it's the fact that you ladle the finished soup over crushed tortilla chips that makes it truly unique. The tortilla chips will soften to give the soup body and flavor, but feel free to add some more on top for crunch.



INGREDIENTS

1 onion, medium, chopped
1 bell pepper, any color, chopped
12 oz carrots, cubed
4 cloves garlic, chopped
2 tsp chili powder
2 tsp cumin
1 tsp salt
5 cups stock, any type
14 oz (397 g) can diced tomatoes, preferably fire-roasted
2 Tbsp adobo sauce (from a can of chipotles in adobo)
1 cup corn, frozen
1 lb chicken breasts, boneless and skinless (sub chicken thighs)
1 avocado, diced
1 lime, wedges
2 Tbsp cilantro, chopped
2 cups tortilla chips, crushed (plus more for serving)
½ cup sour cream

PREP:

- 1 Onion / Bell pepper / Carrots / Garlic** - Prep as directed and combine.
- 2 Slow-cook soup** - Combine chili powder, cumin, salt, onions, bell peppers, carrots, garlic, stock, tomatoes (including liquid), and adobo sauce in the bowl of a slow cooker. Top with corn and then chicken. Cook until chicken is cooked through, 5 to 6 hours on low or 3 to 4 hours on high.
- 3 Avocado / Lime / Cilantro** - Prep as directed. Divide into serving bowls.

MAKE:

- 1** When chicken is cooked through, remove it from the slow cooker and shred or chop it. Return chicken to slow cooker. Season soup with some salt and pepper. Add some hot sauce (not in ingredients list) if you'd like the soup spicier.
- 2** Crush tortilla chips and divide between serving bowls. Ladle soup over top of crushed chips (give the soup a stir to mix the tortilla chips in).
- 3** Serve soup with avocados, limes, cilantro, sour cream, and extra tortilla chips to be added at the table. Enjoy!

RED WINE BRAISED SHORT RIBS

WITH MASHED POTATOES & MIXED GREENS SALAD



SERVINGS: 4



ACTIVE: 45 MIN | **TOTAL:** 7 HR 45 MIN

With tender short ribs, creamy mashed potatoes, and a simple side of fresh greens, this meal feels like something you'd order at a restaurant. But thanks to a long braise in the slow cooker, it is a weeknight-friendly dinner that can be prepared in your own kitchen.



INGREDIENTS

RED WINE BRAISED SHORT RIBS

1 onion, medium, chopped
8 oz carrots, chopped
4 cloves garlic, chopped
1 ½ lbs beef, bone-in short ribs
(sub boneless short ribs, cubed
beef sirloin, or beef stew meat)
1 Tbsp oil, cooking
1 cup stock, low-sodium beef
(sub any low-sodium stock)
1 cup wine, red (sub stock)
2 Tbsp tomato paste
4 sprigs thyme, fresh
2 bay leaves (opt)
¼ tsp red pepper flakes (opt)
1 Tbsp cornstarch
3 Tbsp water

MASHED POTATOES

1 lb potatoes, russet, peeled and cubed
2 Tbsp yogurt, plain or Greek
2 Tbsp butter

MIXED GREENS SALAD WITH BALSAMIC VINAIGRETTE

½ bell pepper, any color, thinly sliced
1 Tbsp vinegar, balsamic
2 tsp mustard, Dijon
½ tsp honey
2 Tbsp oil, olive
5 oz mixed salad greens

PREP:

- 1 Onion / Carrots / Garlic** - Prep as directed and combine.
- 2 Slow-cook short ribs** - Season short ribs with some salt and pepper. Heat a skillet over medium-high heat. Add cooking oil and then short ribs to heated oil. Sear short ribs on all sides until brown, ~8 minutes total. Transfer short ribs to the bowl of a slow-cooker. Add onions, carrots, garlic, stock, wine, tomato paste, thyme sprigs, bay leaves, and red pepper flakes to slow cooker. Cover and cook until meat is very tender and falling off the bone, 7 to 8 hours on low (4 to 5 hours on high).
- 3 Bell pepper** - Thinly slice.
- 4 Potatoes** - Peel and cube. Soak in water if not using right away to prevent them from turning brown.

MAKE:

- About 20 minutes before serving, take the lid off the slow-cooker. Whisk cornstarch into water and pour over ribs. Stir gently (the short ribs will be very tender, but we like to keep the bones inside them for serving). Turn slow cooker on high, put the lid back on, and allow the ribs to continue cooking until you are ready to serve.
- While ribs finish cooking, place potatoes into a saucepan and cover with cold water and some salt. Cover with a lid and bring to a boil. Simmer uncovered for 12 to 15 minutes until potatoes can be easily pierced by a knife. Drain and let sit in a colander for ~5 minutes to let the steam escape (this creates creamier potatoes vs. liquidy potatoes).
- Use a masher to mash steamed potatoes with yogurt and butter. Season to taste with some salt and pepper.
- Make salad vinaigrette by whisking together vinegar, mustard, and honey. Add olive oil while whisking. Toss bell peppers and mixed greens in vinaigrette.
- Use a slotted spoon to remove short ribs and vegetables from slow cooker. Serve over mashed potatoes with some of the cooking liquid spooned over top. Enjoy salad on the side!

HAWAIIAN PULLED PORK SLIDERS

WITH NAPA CABBAGE SLAW & SESAME SNAP PEAS



SERVINGS: 4



ACTIVE: 45 MIN | **TOTAL:** 7 HR 45 MIN

Take a trip to the islands of Hawaii with these sliders! A sweet and savory sauce made from hoisin sauce adds that special Asian-style, Hawaiian flair to tender, slow-cooked pork. Crunchy Napa cabbage slaw and sweet slider rolls turn this meal into a distinctly delicious dinner.



INGREDIENTS

PULLED PORK SLIDERS:

- 2 Tbsp hoisin sauce
- 1 Tbsp + 1 Tbsp soy sauce, low-sodium
- 1 tsp lime juice
- ½ tsp chili garlic sauce
(sub any hot sauce)
- ½ tsp oil, toasted sesame
- 1 ¼ lbs pork, boneless shoulder roast
(sometimes labeled pork butt)
- ¼ cup stock, any type
- 12 slider buns / rolls, small
(look for sweet Hawaiian slider rolls; sub 1 regular hamburger bun per serving)

NAPA CABBAGE SLAW:

- 6 oz Napa cabbage, shredded
- 2 stalks green onions, chopped,
green and white parts combined
- 1 Tbsp vinegar, rice
- 1 tsp brown sugar
- 2 tsp fish sauce

SESAME SNAP PEAS:

- 1 lb snap peas, fresh or frozen
- 1 Tbsp oil, cooking
- 1 tsp chili garlic sauce
(sub any hot sauce)
- 1 tsp sesame seeds, white (opt)

PREP:

- 1 Make pulled pork sauce** - Combine hoisin sauce, first part of soy sauce, lime juice, chili garlic sauce (portion for pork), and toasted sesame oil.
- 2 Napa cabbage / Green onions** - Prep as directed and combine.
- 3 Slow-cook pork** - Place pork into the bowl of a slow cooker. Top with second part of soy sauce and stock. Season the top of the pork with some salt and black pepper. Cook pork on low for 7 to 8 hours.
- 4 Make slaw** - Combine Napa cabbage and green onions with rice vinegar, brown sugar, and fish sauce.
- 5 Snap peas** - If using fresh snap peas, trim. If using frozen, defrost.

MAKE:

- 1** When pork is tender and cooked through, transfer to a cutting board. Use a fork and knife or tongs to shred meat. Drain all but 1/4 cup (59 mL) of cooking liquid out of the slow cooker. Return shredded pork to slow cooker and add pulled pork sauce. Toss to combine. Leave meat in the bowl of the slow cooker on the warm setting.
- 2** Heat a wok with cooking oil over high heat. Add snap peas and saute until starting to brown in spots, 2 to 3 minutes for frozen and 4 to 6 minutes for fresh. Add chili garlic sauce (portion for snap peas) and saute for 1 minute more.
- 3** Remove snap peas from heat and season with some salt. Top with sesame seeds.
- 4** Give slaw a stir and season with some salt.
- 5** Toast slider buns.
- 6** Fill slider buns with pulled pork and slaw. Enjoy sliders with snap peas on the side.