

## Easy Dinner Recipes for Postpartum

- *Chili*
- *Chicken and broccoli casserole: 2 chicken breasts or 2 cups of rotisserie chicken, 2 cups frozen or fresh broccoli, two cans of cream of chicken or cream of broccoli, shredded cheese, crackers, butter; ½ cup mayonnaise, italian seasoning, thyme. Boil chicken breasts ahead of time. Heat frozen broccoli or steam fresh broccoli. Preheat the oven to 350. Combine all ingredients. Use butter and crackers for topping the casserole. I keep mine in the oven for 20 minutes!*
- *Crockpot Chicken Taquitos: 2 chicken breasts, 1 package of cream cheese, ½ cup cheddar cheese, taco seasoning, tortillas of your choice. Combine chicken, taco seasoning, cream cheese and a little bit of water in a crockpot. Either cook on low for 6-8 hours or high for 4-6 hours. Add in cheddar cheese at the end. Shred chicken. Mix together well and spoon into tortillas. Wrap, then place in the oven for another 15 minutes on 350.*
- *Mississippi Pot Roast: 1 roast, packet of ranch dressing, au jus gravy or any gravy will work, butter, 4-8 pepperoncini peppers. Mix all in the crockpot for 6-8 hours. To spice it up, you can add potatoes and carrots*
- *One Pan Bake: your choice of meat and veggies. Place foil in a baking dish, add your ingredients, and bake at 350 for 25-30 minutes. Some ideas: chicken, broccoli, mushrooms, carrots, potatoes, with olive oil or butter, Italian seasoning/garlic powder/onion powder/thyme/rosemary.*
- *Stuffed Peppers or Mushrooms with hamburger or turkey meat*
- *Chicken and rice*
- *Lasagna with hamburger meat or turkey meat*
- *Alfredo*
- *Chicken and Rice Soup: 1 ½ pound chicken, 1 cup onion or 2 tsp onion powder, 1 ½ cup carrot, 1 cup celery, 2-3 cloves garlic or 2 tsp garlic powder, 1 tsp thyme, 1 ½ cup rice, 6 cups chicken broth, ¼ cup parsley, salt and pepper. Add everything to the crockpot and cook on high for 3-4 hours. Shred chicken and enjoy!*

- *Salmon, Veggies, and Rice: Combine salmon and veggies of your choice on one pan. Salmon and broccoli for example. Top with lemon, orange, dill/thyme/rosemary/garlic, salt, pepper, and oil. Cook in the oven at 400 for 10-20 minutes depending on what type of salmon you have. Switch to broil for the last 2-4 minutes. Make rice separately.*
- *Mini Hawaiian Subs: Ham or your choice of meat, your choice of sliced cheese, butter, garlic powder and italian seasoning, and hawaiian rolls. Cut the top of the rolls and place to the side. Add your meat and cheese. Place tops of rolls back. Mix together butter and seasoning. Pour over the top of the rolls. Place in the oven at 350 for 15 minutes.*
- *Sloppy Joe Casserole with Turkey: 4 tbsp butter, 2 large carrots, ½ onion diced, 1 bell pepper, 5 cloves garlic minced, 2 1/2 pound of ground turkey, 1 ½ cup ketchup, 2 tbsp chili powder, 1 tsp dry mustard, 2 cups stock, 2 tbsp tomato paste, 2 tbsp worcestershire sauce, 1 ½ tsp salt, ½ ts black pepper, 12 slider rolls, 1 tsp everything bagel seasoning. Preheat the oven to 375. Place 2 tbsp butter in a skillet over medium heat, add carrot, onion, and bell pepper and cook until slightly softened. Add garlic and cook for 1 minute. Add turkey and brown. Drain. Add ketchup, brown sugar, chili powder, stock, tomato paste, salt, pepper, and worcestershire sauce. Simmer 3-5 minutes. Transfer to a baking dish. Melt remaining butter. Place rolls into mixture. Brush melted butter over the top and sprinkle everything bagel seasoning over the tops. Bake for 8-10 minutes.*