



## Crock-Pot Chicken Fajitas (Serves 4)

### **Ingredients**

- 1 lbs boneless skinless chicken breasts
- 1 can of diced tomatoes with green chilies
- 2 bell peppers sliced
- ½ large yellow onion, halved and sliced
- 3 cloves garlic, minced
- 2 tsp chili powder
- 2 tsp ground cumin
- 1 tsp paprika
- 1 tsp salt
- ¾ tsp pepper
- 2 Tbsp fresh lime juice

### **Directions**

- Pour the canned tomatoes with green chilies into the bottom of a slow cooker and spread into an even layer. Add in chicken breasts. Top with peppers and onions. Sprinkle garlic in.
- In a bowl whisk together chili powder, cumin, paprika, salt and pepper. Evenly top chicken with mixture.
- Cover and cook on HIGH heat about 2 1/2 - 3 hours or low heat 4 - 6 hours, until chicken has cooked through and veggies are tender.
- Remove chicken, and cut into strips, or shred.
- In a small bowl whisk together lime juice and honey and add to slow cooker along with chicken and season with additional salt to taste if desired (I sometimes like to add 1/4 cup chopped cilantro too here but this is optional). Gently toss. Serve warm in warmed tortillas with other optional toppings(shredded cheese, guacamole, salsa etc.)

## Crock-Pot Butternut Squash Soup(Serves 6)

### **Ingredients**

- 1 large butternut squash, peeled and cut into large cubes (about 8 cups)
- 1 large onion, chopped
- 1 carrot, peeled and chopped
- 3 cloves garlic, minced
- 1 tbsp thyme
- ¾ tsp sprig sage
- 3 cups chicken (or vegetable) broth
- Kosher salt to taste
- Freshly ground black pepper to taste
- Pinch of cayenne to taste

### **Directions**

- In a large slow cooker, combine butternut squash, onion, carrot, garlic, thyme, and sage. Pour in broth and season with salt, pepper, and a pinch of cayenne.
- Cover and cook until squash is very tender, on low for 8 hours or on high for 4 hours. Use an immersion blender to blend soup until smooth.
- Can garnish with parsley before serving.