

Book

OF

Easy & Cheap

Meal Ideas!



Easy BEEF Pot Roast

3-5 lb beef pot roast

1.5 cups water

Italian dressing mix

ranch dressing mix

brown gravy mix

vegetables of choice

Slow Cooker Pot Roast

- ① Place your beef roast into your Slow Cooker with 1.5 cups water.
- ② In a small bowl, mix all of the seasoning packets together, and then sprinkle it over your roast.
- ③ Cook on low for about 5 hours, and then add your veggies.
- ④ Cook an additional 2-3 hours or until the beef easily pulls apart.

Loaded Chicken Baked Potato

Russet Potatoes

Rotisserie Chicken

Butter

Sour Cream

Shredded Cheese

Seasoning

- ① Wash and poke the potatoes with a fork. Microwave for about 5 minutes on a paper towel or bake in a 450 degree oven for about 45 minutes or until soft.
- ② Smash the inside with a fork and mix in a few tablespoons of butter, salt, garlic powder, and black pepper to taste.
- ③ Top with pulled or shredded chicken, shredded cheese, bacon bits, green onion, sour cream, and anything else you'd like.