

## RECIPE

Balsamic Beef Roast with Carrots

## USE BY

### INGREDIENTS

- boneless beef chuck
- carrots
- honey
- balsamic vinegar
- soy sauce
- salt
- red pepper flakes
- garlic
- orange zest
- beef broth (in the a.m.)

### DIRECTIONS

- thaw overnight
- in the a.m. pour into crockpot
- add 2 cups beef broth
- cook "low" for 8-12 hrs
- shred and serve

## RECIPE

Lime Shredded Pork

## USE BY

### INGREDIENTS

- pork shoulder roast
- lime juice
- honey
- ground cayenne red pepper
- salt

### DIRECTIONS

- thaw overnight
- in the a.m. pour into crockpot
- cook "low" for 8-12 hrs
- remove pork meat from bone
- shred and serve

## RECIPE

Chicken Teriyaki

## USE BY

### INGREDIENTS

- chicken boneless skinless breast
- honey
- soy sauce
- rice wine vinegar
- onion
- garlic
- ginger root
- black pepper
- stir fry veggies

### DIRECTIONS

- thaw overnight
- in the a.m. pour into crockpot
- cook "low" for 4-8 hrs
- serve

## RECIPE

## USE BY

### INGREDIENTS

### DIRECTIONS