

SPHC PASS Group Recipes

Chili
4 (15 oz) cans kidney beans
4 (15 oz) cans black beans
4 (15 oz) cans whole kernel corn
1 Large Jar Chunky Style Salsa
1 (1 oz) pkg taco seasoning
tortillas
tortilla chips
cheddar cheese
extra salsa
Sour cream

*Drain and rinse beans and add to crock pot. Drain corn and mix with beans. Add salsa and taco seasoning and stir. Cook on high for 2 hours. Serve with tortillas, chips, salsa, sour cream, and cheese for garnish.

Crockpot Enchiladas
2 (15 oz) cans black beans
2 (15 oz) cans whole kernel corn
2 (19 oz) cans enchilada sauce
1 (18 ct) pkg of flour tortillas
Onion
Cumin, to taste
2 (8 oz) bags shredded cheddar cheese
Tortilla chips
Salsa
Sour cream

*Sauté onion and corn. Stir in the black beans and cumin. Spray crock pot with cooking spray and spread some enchilada sauce in the bottom of the pot. Place a layer of tortillas in the pot. Cover with some of the veggie mix. Pour more sauce over top and sprinkle with cheese. Add another tortilla layer and continue layering until pot is full. End with a tortilla and remaining sauce. Cook on high for 2 hours. Prior to serving sprinkle extra cheese on top and let melt. Serve with tortilla chips and extra cheese, sour cream, and salsa for garnish.
**Corn Chowder**
4 (15 oz) cans whole kernel corn
3 (15 oz) cans diced potatoes
1 (14 oz) can vegetable broth
3 (15 oz) cans creamed corn
1 onion
1 stick butter
Garlic/garlic powder to taste
2 cups milk

*Saute the onion and garlic until tender. Drain whole kernel corn and add to crock pot. Mix in onion/garlic mixture, diced potatoes and creamed corn; stir in the vegetable broth. Add one stick of butter and heat on high for 2 hours. 45 minutes prior to serving, mix in the milk slowly so that it doesn’t curdle.*

**Lasagna**
4 jars pasta sauce
2 large packages of lasagna noodles
48 oz. mozzarella cheese
1 cup parmesan
1 onion
2 lbs. ricotta
1 (10 oz) pkg frozen spinach, thawed
1 cup milk
3 eggs

*Saute onion and garlic until tender. Drain spinach and squeeze out any extra moisture. Mix together ricotta cheese, milk, and eggs until smooth. Stir in the onion mixture, spinach, parmesan, and mozzarella cheese, reserving 1 cup of the mozzarella. Spread a layer of sauce on the bottom of the crock pot. Add a layer of noodles and the cheese mixture. Repeat until the ingredients are gone, ending with a layer of sauce. Cook on high for 2-2 ½ hours. Sprinkle the remaining mozzarella cheese on top ½ hour prior to serving.*

**Tortellini and Sauce**
5 jars of sauce
3 cans of diced tomatoes w/Italian seasonings (not drained)
5 (9 oz) packages refrigerated cheese tortellini
4 cups shredded mozzarella cheese

*Add pasta sauce and diced tomatoes to crock pot. Cook on high for 1 hour. Add tortellini to sauce and cook for another hour. 15 minutes prior to serving, stir in the mozzarella cheese.*
**White Bean Chili**

3 (14 oz) cans of vegetable broth  
3 (15 oz) cans butter beans  
3 (15 oz) cans garbanzo beans  
3 (15 oz) cans navy beans  
2 (4 oz) cans green chiles  
3 onions  
Chili powder  
Cumin  
Garlic  
6 bell peppers

*Saute onion, green pepper, and garlic with cumin until tender. Drain and rinse the beans; add to crock pot. Stir in the onion mixture, green chiles, and vegetable broth. Add chili powder to taste. Cook on high for 2-2 ½ hours.

**Penne and White Bean Soup**

2 cans cannellini beans, drained  
2 cans garbanzo beans, drained  
1.5 (1 lb) pkg. frozen mixed vegetables  
3 (14.5 oz) cans diced tomatoes with Italian Seasonings  
2 (20 oz) bottles vegetable juice cocktail  
2 C water  
2 C uncooked penne pasta

*Place the beans, mixed vegetables and tomatoes into a 6qt crock pot. Pour the vegetable juice cocktail and water into the mixture and stir to combine. Cover and cook on the high setting for 3 hours. Stir in the uncooked pasta, recover and cook an additional 20 to 30 minutes or until the pasta is tender.

**Southwestern 3 Bean Soup**

1 tablespoon extra-virgin olive oil  
1 large onion, diced  
1 large stalk celery, diced  
1 large carrot, diced  
2 cups water  
2 cans vegetable broth  
2 cans black beans  
2 cans great northern beans or white beans  
2 cans kidney beans  
1 can baked beans  
2 tablespoon chili powder
2 teaspoon ground cumin
1 teaspoon dried oregano
3/4 teaspoon salt

*Saute onion, celery, and carrot in olive oil until softened. Add beans, broth, water, sautéed vegetables, and spices to the crockpot and cook on high for 3 ½ hours. Add salt to taste prior to serving. Serve over steamed rice.

**Minestrone Soup**

½ cup Italian salad dressing
2 onions, chopped
2 stalks celery, chopped
2 carrots, peeled, chopped
2 cans (14-1/2 oz.) diced tomatoes, undrained
2 cans (19 oz.) red kidney beans, rinsed
1 can garbanzo beans, rinsed
4 cans (14 oz. each) vegetable broth
4 cups water
2 tsp Italian seasoning
3 cups small pasta shells, uncooked
1 cup parmesan cheese

Heat dressing in large nonstick skillet on medium-high heat. Add onions, celery and carrots; cook 2 min. or until crisp-tender, stirring occasionally. Pour into slow cooker. Add tomatoes, beans, broth, water and seasoning; stir. Cover with lid. Cook on high for 3 hours. Stir in macaroni; cook 10 to 15 min. or until macaroni is tender. Top with cheese just before serving.