

Herbed Chicken and Veggies (Slow Cooker)

Ingredients

- 3 boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 can (8.25 oz) of Libby's® sliced carrots, drained
- 1 can (8.5 oz) of Libby's® sweet peas, drained
- 2 potatoes, cubed
- 1 small can sliced mushrooms, drained
- 1 onion, cut into wedges
- 1/2 cup dry white wine
- 3 Tbsp flour
- 1 cup chicken stock
- 2 Tbsp olive oil
- 1 Tbsp honey
- 1 Tbsp dried parsley
- 2 tsp Italian seasoning
- 1/2 tsp garlic powder
- 1/2 tsp thyme



RECIPE COURTESY OF
TOTAL MOM, HANNAH KEELEY

Yield	6
Prep Time	30 min

Instructions

In a medium pan, cook the chicken until no longer pink. Add the chicken, carrots, sweet peas, potatoes, mushrooms and onion to the slow cooker. In a medium bowl, whisk together the white wine and flour (can also shake it up in a glass jar). Add stock and remaining ingredients to the wine and flour mixture and pour it over the vegetables. Cook on low heat for 6-8 hours. Serves 6.

For more recipes, please visit www.getbacktothetable.com



Roasted Corn Chowder with Cukes and Zukes

Ingredients

Chowder:

- 2 (8.75 oz) cans of Libby's® whole kernel sweet corn
- 1/2 cup chopped onion
- 1/2 cup chopped red bell pepper
- 1 Tbsp olive oil
- 2 cup chicken stock
- 1 baking potato, peeled and cubed
- 3 Tbsp flour
- 1/2 tsp seasoned salt
- 1/2 tsp pepper
- 1 1/2 cup milk

Salad:

- 1 seedless cucumber, cut into chunks
- 1 zucchini, cut into chunks
- 1/2 red onion, thinly sliced
- 10 radishes, thinly sliced
- 2 romaine hearts, finely chopped
- 1/2 cup plain yogurt
- 1 Tbsp red wine vinegar
- 1 Tbsp dried parsley
- 1 tsp dried dill
- 2 tsp lemon juice

Instructions

Drain corn completely. Line a baking pan with foil and butter the surface. Spread corn in prepared pan. Bake in 450° oven for approximately 20 minutes, stirring halfway, until nicely golden and toasted. Remove from oven and set aside.

While the corn is roasting, prepare the salad. Whisk together yogurt, vinegar, parsley, lemon juice, dill, lemon juice, and salt and pepper to taste. Combine with cukes, zukes, onion, radishes, and romaine. Cover and chill until time to serve.

In a medium pot, cook onion and pepper in olive oil until tender. Stir in stock, potato, and corn. Heat to boiling and then reduce heat to a low simmer. In a small bowl whisk together flour, spices, and milk (or shake together in a lidded jar). Add to the pot and stir until thick and bubbling. Serve with sour cream and crumbled bacon as optional toppings and a serving of “cukes” and “zukes.” Serves 6.



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Yield	6
Prep Time	30 min

Chicken and Veggie Enchiladas with Spanish Rice

Ingredients

Enchiladas:

- 3 boneless, skinless chicken breasts, cut into bite-sized pieces
- 8 (8 inch) whole wheat tortillas
- 1 can (8.75 oz) of Libby's® whole kernel sweet corn, drained
- 1 can black beans, drained and rinsed
- 1 can petite diced tomatoes with mild green chilies
- 1 tsp ground cumin
- 1/2 tsp chili powder
- 6 oz Colby Monterey Jack cheese, grated
- 2 small cans mild enchilada sauce

Rice:

- 1 (5 oz) bag saffron rice
- 1/2 cup brown rice
- 1/2 cup of Libby's® sweet peas, drained

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Yield	6
Prep Time	40 min

Instructions

Preheat oven to 375°. In a medium pan, brown the chicken until no longer pink. In medium bowl combine chicken, corn, beans, tomatoes (undrained), cumin and chili powder. Mix in grated cheese, reserving about 1/2 cup for later. Spread out tortillas and divide filling among them, making a row down the center. Roll up the enchiladas and place them, seam side down, in a greased 9" x 13" baking dish. Open up cans of enchilada sauce, reserving 1/2 cup for rice. Pour sauce over enchiladas, making sure that it gets in between each one. Sprinkle remaining cheese over the enchiladas. Cover with aluminum foil that has been sprayed with cooking spray. Bake for 30 minutes.

While the enchiladas are cooking, prepare the rice. In a medium pot, mix together saffron rice, brown rice, 1/2 cup of enchilada sauce, 2/3 cup water, and the amount of water that is called for on the back of the saffron rice package. Heat to boiling and bring down to a low simmer. Add peas. Cover and cook for approximately 20-25 minutes. The enchiladas and rice should be ready at the same time. Serve with sour cream and salsa. Serves 6.

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Beef Potpie

Ingredients

- 1 can (15 oz) Libby's® mixed vegetables, drained
- 1 jar (12 oz) beef gravy
- 1/3 cup butter or margarine
- 1/3 cup chopped onion
- 2 cup stew beef, cut into small pieces
- 1/2 tsp Salt
- 1/2 tsp Pepper
- 2 prepared 9" pie crusts
- 1/2 tsp Paprika

Yield	6
Prep Time	20 min

Instructions

Preheat oven to 425°F.

Melt butter in skillet and add stew beef; cook until brown on all sides. Add onions and continue cooking until meat is well done. Add mixed vegetables, gravy and seasonings, mix well. Place one pie crust in bottom of pie pan and fill with beef mixture. Place second crust over filling, roll edges under and press down with fork. Make 4 slits on top of crust and bake for 30-35 minutes. Serves 6.



Green Bean Banquet

Ingredients

- 1 can (14.5 oz) Libby's® Cut Green Beans
- 1 lb. Kielbasa, diced
- 1 1/2 cup Water
- 1/2 cup Chopped onion
- 3 medium potatoes, cubed
- 1/2 tsp Garlic salt
- 1/8 tsp Rosemary
- Salt and pepper to taste

Yield	6
Prep Time	10 min

Instructions

After browning kielbasa slightly, add water and liquid from cut green beans into pan. Add potatoes, onion, garlic salt and rosemary and boil until potatoes are almost done. Stir in green beans and cook for an additional 10 minutes. Serves 6.



Shepherd's Pie with Lemony Green Beans

Ingredients

Pie:

- 1 lb. Ground turkey
- 1 onion, chopped
- 2 ribs celery, chopped
- 1 (8.25 oz) can of Libby's® sliced carrots, drained
- 1 (8.25 oz) can of Libby's® sweet peas, drained
- 1 (8.75 oz) can of Libby's® whole kernel sweet corn, drained
- 1 cup chicken broth
- 1/2 tsp seasoned salt
- 2 Tbsp flour
- 1 (6 oz) can tomato paste
- 3 large baking potatoes, peeled and cut into chunks
- 1 egg
- 1/2 cup milk
- 1/2 cup sour cream
- 3 Tbsp butter
- 1 cup grated cheddar cheese

Beans:

- 1 (14.5 oz) can of Libby's® cut green beans, drained
- 1 tsp lemon pepper seasoning
- 1 tsp lemon zest
- salt to taste

Instructions

Preheat oven to 350°. Put potatoes in a pot and cover with water. Cook on low heat until softened. While potatoes are cooking, prepare filling.

Cook the ground turkey, onion, celery, carrots, sweet peas and corn until meat is no longer pink and vegetables are softened. Drain off any fat and add tomato paste and seasoned salt. Whisk together chicken broth and 2 Tbsp flour (or shake together in a jar). Add stock and flour mixture to meat mixture and bring to a low simmer, stirring continually until thick. Stir in peas and set aside.

Drain potatoes and put back into the pot. Whisk one egg together with 1/2 cup milk and add to potato along with sour cream and butter. Mash up potatoes with the other ingredients until the consistency of chunky mashed potatoes (leave some chunks in there for texture). Place meat filling in a greased casserole dish. Top with potato mixture. Sprinkle corn on top and top it all off with cheese and a sprinkling of pepper. Cook for approximately 20 minutes until cheese is melted and top is nicely golden.

While pie is cooking, prepare green beans. Combine beans, seasoning, zest, and salt (if needed) in a pot, cover and cook for 10-15 minutes or until thoroughly heated and flavored.

Serves 6.



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Yield	6
Prep Time	30 min

Green Bean and Wild Rice Casserole

Ingredients

- 1 can (15 oz) Libby's® French Style Green Beans, drained
- 2 cups Pre-cooked long grain wild rice
- 1 can Cream of celery soup
- ½ cup Sliced water chestnuts
- 2 tbsp Pimiento
- ¼ tsp Salt

Yield	6
Prep Time	5 min

Instructions

In 2-quart casserole dish, mix together all ingredients. Bake in 350°F oven for 30 minutes. Serves 5.

