**Simple Local Life**

**Sweet and Sour Pork**

Lean pork, cubed- 2 ¼ lbs

Brown sugar- 1 Cup

Water- 1 Cup

White Vinegar- ½ Cup

Soy Sauce- 1 tbsp

Water – 1/3 Cup

Cornstarch- ¼ Cup

**Sweet and Sour Chicken**

Ketchup- 2 Tbsp

Water- 1 Cup

White Vinegar- ½ Cup

Soy Sauce- 1 Tbsp

Brown sugar- 1 Cup

Boneless , skinless chicken breasts (or thighs) cubed

Cornstarch- 2 Tbsp

Water- 2 Tbsp

**Vegetable Beef and Rice Soup**

2 large onions, chopped  
4 stalks celery, diced  
1 red pepper, diced  
4 garlic cloves, minced  
1 tsp dried rosemary  
1/2 tsp salt  
1/2 tsp pepper  
12 Cups beef stock  
1 1/4 C brown rice

2 Cups frozen peas

2 Tbsp lemon juice

**Chicken and Black Bean Burritos**

1 tbsp extra virgin olive oil

1 onion, chopped

2 cloves of garlic, minced

¼ tsp each salt and pepper

4 boneless skinless chicken breasts

1 red pepper, chopped

1 can of black beans, drained and rinsed

1 cup salsa

8 large whole wheat tortillas

2½ cups shredded marble cheddar cheese

½ cup light sour cream

**Taco Soup**

1½ lbs ground beef

1 Cup chopped onion

2 cloves garlic, minced

1- 28 oz can diced tomatoes

1 -19 oz can black beans, drained and rinsed

1- 14 oz can tomato sauce

1- 12 oz can of corn

¾ Cup water

2 Tbsp chili powder

1½ tsp salt

1 tsp cumin

**Slow Cooker Chicken Chili**

1 onion

3-4 boneless skinless chicken breasts

1 pkg taco seasoning

1 can black beans

1 can kidney beans

1 large can diced tomatoes

2 small cans tomato paste

2 cups frozen corn

1½ cups chicken broth

**Ham and Cheese Frittata**

6-8 eggs

1 tsp oregano

1 cup shredded cheese

½ cup diced ham steak

1 tomato diced

½ cup diced peppers

handful of baby spinach

1 green onion thinly sliced