

# HEALTHY DINNERS & LUNCHES



THRIVE HEALTH CONCEPTS

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## SECTION

 SERVES  
**8**

 PREP  
**10M**

 COOK  
**25M**



## INGREDIENTS

- 350 g mashed bananas
- 75 g protein powder
- 140 g oat flour
- 1 tsp baking soda
- 1 ½ tsp baking powder
- ¾ tsp cinnamon
- 45 ml coconut milk
- 20 g coconut sugar

## NUTRITIONAL VALUE

(AMOUNT PER SERVING):

- Calories 155
- Fat 1.8 g
- Carbohydrates 26 g
- Sugar 8 g
- Protein 10 g
- Cholesterol 0 mg

# PERFECT BREAKFAST MUFFINS

## DIRECTIONS

- Preheat the oven to 220 C/ 425 F.
- Line 8- count muffin pan with cupcake liners and set aside.
- In a large bowl, whisk together mashed banana, cinnamon, coconut milk, and coconut sugar until well combined.
- Add protein powder, oat flour, baking soda, and baking powder and stir until just combined.
- Divide batter into each liner and bake in preheated oven for 5 minutes then turn heat to 180 C/ 356 F and bake for 15-20 minutes.
- Remove from oven and let it cool for 10-15 minutes.
- Serve and enjoy.

# EASY & DELICIOUS CHICKPEA SALAD

👤 SERVES: 4 ⌚ PREP: 10M ⌚ COOK: 5M

## INGREDIENTS

- 850 g can chickpeas, drained & rinsed
- ½ fresh lime juice
- 100 g buffalo sauce
- 3 garlic cloves, minced
- 1 small onion, chopped
- ½ bell pepper, chopped
- 1 medium carrot, chopped
- 1 celery stalk, chopped
- Pepper
- Salt

## DIRECTIONS

- Add half chickpeas into the large bowl and mash using a potato masher.
- Add remaining chickpeas, lime juice, buffalo sauce, garlic, onion, bell pepper, carrot, celery, pepper, and salt and mix until well combined.
- Serve and enjoy.

## NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 286
- Fat 2.5 g
- Carbohydrates 54.9 g
- Sugar 2.3 g
- Protein 11.2 g
- Cholesterol 0 mg





 SERVES  
**1**

 PREP  
**10M**

 COOK  
**5M**

**SECTION**

# OVERNIGHT OATS

## DIRECTIONS

- In a bowl, whisk together yogurt, milk, and protein powder.
- Add spices, honey, pumpkin puree, and oats and mix well.
- Cover bowl and place in refrigerator for overnight.
- Remove bowl from refrigerator and stir oats well.
- Top with chopped walnuts and serve.

## NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 379
- Fat 11 g
- Carbohydrates 39 g
- Sugar 21 g
- Protein 33 g
- Cholesterol 68 mg

## INGREDIENTS

- 20 g oats
- Pinch of nutmeg
- ½ tsp cinnamon
- 1 tbsp honey
- 8 g walnuts, chopped
- 80 g can pumpkin puree
- 120 ml unsweetened almond milk
- 1 scoop protein powder
- 60 g Greek yogurt

# PROTEIN BARS



## INGREDIENTS

- 3 ripe bananas
- 70 g almonds, sliced
- 70 g cashews, chopped
- 160 g old-fashioned oats
- 1 tsp cinnamon
- 85 g maple syrup
- 250 g peanut butter

## DIRECTIONS

- Preheat the oven to 180 C/ 356 F.
- Line a 9\*9-inch baking dish with parchment paper and set aside.
- In a large bowl, add bananas, cinnamon, maple syrup, and peanut butter and using a hand mixer beat until smooth.
- Add almonds, cashews, and oats and mix until just combined.
- Pour batter into the prepared baking dish and spread evenly.
- Bake in preheated oven for 30 minutes.
- Remove from oven and let it cool completely.
- Cut into pieces and serve.

## NUTRITIONAL VALUE

(AMOUNT PER SERVING)

- Calories 285
- Fat 17 g
- Carbohydrates 27 g
- Sugar 10 g
- Protein 9 g
- Cholesterol 0 mg

## SECTION



## INGREDIENTS

- 20 g oats
- 60 g pumpkin puree
- 2 g pumpkin pie spice
- ½ tsp vanilla
- 1 scoop vegan protein powder
- 240 ml unsweetened coconut milk
- 1 banana
- 2 tbsp maple syrup

## NUTRITIONAL VALUE

(AMOUNT PER SERVING):

- Calories 214
- Fat 1.6 g
- Carbohydrates 39 g
- Sugar 21 g
- Protein 12 g
- Cholesterol 0 mg



# PUMPKIN OAT SMOOTHIE

## DIRECTIONS

- Add oats and remaining ingredients into the blender and blend until smooth.
- Serve immediately and enjoy.



# NUTRITIOUS QUINOA SALAD



SERVES  
6



PREP  
10M



COOK  
12M

## DIRECTIONS

- Add quinoa, 350 ml water, and salt into the saucepan. Cover and bring to boil. Turn heat to low and cook for 12 minutes.
- Remove saucepan from the heat and let it cool for 10 minutes.
- In a large bowl, add cooked quinoa, cumin powder, lime juice, olives, crumbled cheese, cilantro, onion, avocado, bell pepper, cucumber, tomato, pepper, and salt and mix everything well.
- Serve and enjoy.

## INGREDIENTS

- 180 g quinoa
- 1 tbsp cumin powder
- 1 lime juice
- 3 tbsp olive oil
- 15 olives, pitted
- 75 g feta cheese, crumbled
- 8 g cilantro, chopped
- 1 medium onion, chopped
- 2 avocados, chopped
- 1 bell pepper, chopped
- ½ cucumber, chopped
- 1 tomato, chopped
- Pepper
- Salt

## NUTRITIONAL VALUE

(AMOUNT PER  
SERVING):

- Calories 376
- Fat 26 g
- Carbohydrates 31 g
- Sugar 3.4 g
- Protein 8.2 g
- Cholesterol 11 mg



# VEGETABLE SOUP



## INGREDIENTS

- 1 handful kale, chopped
- 1 handful spinach, chopped
- 12 g cilantro, chopped
- 1 lemon juice
- 1500 ml water
- ½ tsp curry powder
- ½ tsp cumin powder
- 1 ½ tsp chili powder
- 280 g dried green lentils
- 450 g potatoes, diced
- 3 tomatoes, diced
- 100 g green beans, chopped
- 2 garlic cloves, minced
- 2 celery stalks, diced
- 3 carrots, diced
- 2 tbsp olive oil
- 1 medium onion, diced
- Pepper
- Salt

## DIRECTIONS

- Heat oil in a large pot over medium heat.
- Add onion, garlic, celery, and carrots and sauté for 5 minutes.
- Add cumin, curry powder, and chili powder and sauté for minute.
- Add lentils, potatoes, tomatoes, green beans, and water and bring to boil. Turn heat to low and simmer for 30 minutes. Stir frequently.
- Add spinach and kale and cook for 5 minutes more. Stir in lemon juice. Season with pepper and salt.
- Garnish with cilantro and serve.

## NUTRITIONAL VALUE

(AMOUNT PER SERVING)

- Calories 299
- Fat 5.6 g
- Carbohydrates 49 g
- Sugar 6 g
- Protein 14 g
- Cholesterol 0 mg

# FLAVORFUL LENTIL STEW

👤 SERVES: 4 ⌚ PREP: 10M ⌚ COOK: 5M

## INGREDIENTS

- 200 g dry lentils, soak for 15 minutes & drained
- ½ tbsp cornstarch
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp dried parsley
- 1 tbsp balsamic vinegar
- 2 tbsp tamari
- 130 g mushrooms, sliced
- 1000 ml vegetable stock
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1 medium onion, chopped
- Pepper
- Salt

## DIRECTIONS

- Heat oil in a large pot over medium heat.
- Add garlic, onion, and mushrooms and sauté for 3-5 minutes.
- Add mushrooms, tamari, vinegar, oregano, thyme, and parsley and stir fry for 3-5 minutes.
- Add lentils and stock and cook over medium-low heat for 20-25 minutes.
- Once lentils are cooked then add a splash of water and cornstarch in a small bowl and pour this mixture into the stew. Stir well and cook for minute or until get the desired thickness. Season with pepper and salt.
- Stir well and serve.

## NUTRITIONAL VALUE

(AMOUNT PER SERVING):

- Calories 239
- Fat 4 g
- Carbohydrates 36 g
- Sugar 3 g
- Protein 15 g
- Cholesterol 0 mg





# TASTY LENTIL VEGGIE FRITTERS



SERVES  
10



PREP  
10M



COOK  
20M

## DIRECTIONS

- Add half lentils into the large bowl and mash using a potato masher.
- Add remaining lentils, eggs, oregano, thyme, Worcestershire sauce, tomato paste, breadcrumbs, chickpea flour, walnuts, garlic, onion, carrots, and salt and mix until well combined.
- If lentil mixture is too wet then add more flour or place lentil mixture in the refrigerator for 30 minutes.
- Make equal shapes of patties from the lentil mixture.
- Heat olive oil in a pan over medium heat.
- Place patties on a hot pan and cook for 5-6 minutes on each side.
- Serve and enjoy.

## INGREDIENTS

- 2 eggs
- 1 tbsp dried oregano
- 1 tbsp dried thyme
- 2 tbsp tomato paste
- 615 g green lentils, cooked
- 95 g breadcrumbs
- 60 g chickpea flour
- 50 g walnuts, chopped
- 2 tbsp Worcestershire sauce
- 2 garlic cloves, minced
- 150 g onion, chopped
- 130 g carrots, chopped
- 2-3 tbsp olive oil
- 1 tsp salt

## NUTRITIONAL VALUE

(AMOUNT PER  
SERVING):

- Calories 364
- Fat 8.2 g
- Carbohydrates 52 g
- Sugar 4 g
- Protein 21 g
- Cholesterol 33 mg

## SECTION



## INGREDIENTS

- 2 eggs
- 2 tbsp butter
- 80 g feta cheese, crumbled
- 1 garlic clove, minced
- 30 g spinach, chopped
- 60 g water
- ½ tsp baking powder
- 110 g almond flour
- Pepper
- Salt

## NUTRITIONAL VALUE

(AMOUNT PER SERVING):

- Calories 124
- Fat 10.5 g
- Carbohydrates 2.9 g
- Sugar 0.5 g
- Protein 4.9 g
- Cholesterol 57 mg



# SAVORY PANCAKES

## DIRECTIONS

- In a bowl, whisk together eggs, water, baking powder, and almond flour until smooth.
- Add feta cheese, garlic, and onion and stir well. Season with pepper and salt.
- Melt butter in a pan over medium heat.
- Once butter is melted then drop a few tablespoons of batter into the pan and make a pancake and cook until golden brown from both the sides.
- Serve and enjoy.

## SECTION

# PERFECT LENTIL CURRY



SERVES  
4



PREP  
10M



COOK  
25M

## INGREDIENTS

- 130 g red lentils, rinsed
- 180 g tomato paste
- ½ tsp turmeric
- 1 medium carrot, diced
- 20 g maple syrup
- 1 tsp ginger, minced
- 250 ml water
- 3 garlic cloves, minced
- 50 g curry paste
- 30 ml olive oil
- 485 ml vegetable stock
- Salt

## DIRECTIONS

- Heat oil in a pot over medium heat.
- Add carrots, ginger, and garlic and sauté for 2 minutes.
- Add curry paste and sauté for 2 minutes.
- Add tomato paste, water, and stock and stir well to combine.
- Add lentils, turmeric, and maple syrup and stir well. Bring to simmer over low heat for 20 minutes. Season with salt.
- Stir well and serve over rice.

## NUTRITIONAL VALUE

(AMOUNT PER SERVING)

- Calories 288
- Fat 12 g
- Carbohydrates 36 g
- Sugar 9 g
- Protein 11 g
- Cholesterol 0 mg

# HEALTHY TUNA SALAD

👤 SERVES: 8   ⌚ PREP: 10M   ⌚ COOK: 10M

## INGREDIENTS

- 300 g tuna in olive oil
- ½ lime juice
- 4 tbsp parsley, chopped
- 90 g feta cheese, crumbled
- 50 g sun-dried tomatoes, julienned
- 70 g olives, chopped
- 1 large onion, chopped
- 450 g can white beans, drained & rinsed
- Pepper
- Salt

## DIRECTIONS

- Add tuna and remaining ingredients into the large mixing bowl and mix until well combined.
- Cover and place in the fridge for 3 hours.
- Serve and enjoy.

## NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 150
- Fat 5.8 g
- Carbohydrates 10 g
- Sugar 1.4 g
- Protein 15.2 g
- Cholesterol 23 mg





 SERVES  
**6**

 PREP  
**10M**

 COOK  
**35M**

**SECTION**

# EASY BEAN SOUP

## DIRECTIONS

- Heat olive oil in a large pot over medium heat.
- Add onion, garlic, celery, and carrots and sauté for 3-5 minutes.
- Add beans and remaining ingredients and stir everything well and bring to a boil. Cover and cook over medium heat for 1 hour and 30 minutes. Stir occasionally.
- Serve and enjoy.

## NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 311
- Fat 4.2 g
- Carbohydrates 53 g
- Sugar 7 g
- Protein 17 g
- Cholesterol 2 mg

## INGREDIENTS

- 450 g dried navy beans, soaked overnight & drained
- 1 medium carrot, chopped
- 2 celery stalks, chopped
- 1 tbsp Italian seasoning
- 1000 ml vegetable stock
- 3 garlic cloves, minced
- 1 tbsp olive oil
- 1 large onion, chopped
- 400 g can tomatoes, chopped
- Pepper
- Salt

# PROTEIN-RICH EGG SCRAMBLE

SERVES  
4PREP  
10MCOOK  
20M

## INGREDIENTS

- 4 eggs, lightly beaten
- 1 tsp soy sauce
- 1 tsp ginger garlic paste
- 1 tbsp chili sauce
- 18 g cabbage, chopped
- 40 g bell pepper, chopped
- 30 g carrot, chopped
- 1 medium onion, chopped
- 1 tbsp olive oil
- Pepper
- Salt

## DIRECTIONS

- In a bowl, whisk eggs with pepper and salt and set aside.
- Heat oil in a pan over medium heat.
- Add onion and ginger garlic paste and sauté until onion softened.
- Add carrot, bell pepper, and cabbage and sauté until vegetables are cooked.
- Add soy sauce and chili sauce and stir for a minute.
- Pour egg mixture and stir constantly until eggs are set. Season with pepper and salt.
- Serve and enjoy.

## NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 113
- Fat 8 g
- Carbohydrates 5 g
- Sugar 2.7 g
- Protein 6.2 g
- Cholesterol 164 mg



## SECTION



## INGREDIENTS

- 2 tbsp cocoa powder
- ½ tsp vanilla
- 1 tbsp unsweetened cashew milk
- 2 tbsp peanut butter
- 70 g cashews
- 60 g pecans
- 300 g dates, pitted
- ½ tsp salt

## NUTRITIONAL VALUE

(AMOUNT PER SERVING):

- Calories 94
- Fat 4.7 g
- Carbohydrates 13.5 g
- Sugar 10 g
- Protein 1.7 g
- Cholesterol 0 mg

# CHOCOLATE BALLS

## DIRECTIONS

- Line baking sheet with parchment paper and set aside.
- Add cashews, pecans, and dates into the food processor and process until the mixture is well combined.
- Add remaining ingredients and process until just mixed.
- Make equal shapes of balls from the mixture and place onto a prepared baking sheet. Place in fridge until hardened.
- Serve and enjoy.

# SHRIMP SALAD

 SERVES: 4  PREP: 10M  COOK: 5M

## INGREDIENTS

- 450 g cooked shrimp, peeled & deveined
- 2 lemon juice
- 190 g salsa
- 2 tbsp fresh parsley, chopped
- 1 medium onion, chopped
- 1 jalapeno pepper, chopped
- 1 avocado, diced
- 1 large tomato, chopped
- 1 small cucumber, chopped
- Pepper
- Salt

## DIRECTIONS

- Add shrimp and remaining ingredients into the large bowl and mix everything well.
- Serve and enjoy.

## NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 281
- Fat 12 g
- Carbohydrates 16 g
- Sugar 5 g
- Protein 28 g
- Cholesterol 230 mg





# HEARTY CHICKEN STEW



SERVES  
4



PREP  
10M



COOK  
5M

## DIRECTIONS

- Heat oil in a pan over medium heat.
- Add onion and sauté for 5 minutes or until onion softened.
- Add sautéed onion and remaining ingredients into the slow cooker and stir well to combine.
- Cover and cook on low for 6 hours.
- Remove chicken from the slow cooker and shred using a fork.
- Return shredded chicken to the slow cooker and stir well.
- Serve and enjoy.

## INGREDIENTS

- 450 g chicken breasts, boneless
- 2 tbsp sage, minced
- 1 tsp garlic powder
- 1 large carrot, chopped
- 830 ml chicken broth
- 600 g butternut squash, cubed
- 1 tbsp olive oil
- 1 medium onion, chopped
- Pepper
- Salt

## NUTRITIONAL VALUE

(AMOUNT PER  
SERVING):

- Calories 369
- Fat 13.4 g
- Carbohydrates 23.8 g
- Sugar 6 g
- Protein 39 g
- Cholesterol 100 mg

# APPLE CINNAMON MUFFINS



## INGREDIENTS

- 1 medium apple, chopped
- 4 egg whites
- 2 g baking powder
- 1 ½ tsp cinnamon
- 25 g coconut sugar
- 240 g Greek yogurt
- 60 g vanilla protein powder
- 150 g oats
- Pinch of salt

## DIRECTIONS

- Preheat the oven to 180 C/ 350 F.
- Line 12- count muffin pan with cupcake liners and set aside.
- Add all ingredients into the mixing bowl and mix until well combined.
- Divide batter into each liner and bake in preheated oven for 20 minutes.
- Remove from oven and let it cool completely.
- Serve and enjoy.

## NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 79
- Fat 1.3 g
- Carbohydrates 12.2 g
- Sugar 3 g
- Protein 5 g
- Cholesterol 1 mg

# COLORFUL BEAN SALAD

👤 SERVES: 4 ⌚ PREP: 10M ⌚ COOK: 5M

## INGREDIENTS

- 450 g can black beans, drained & rinsed
- 90 g feta cheese, crumbled
- 1 ½ tsp honey
- 2 lime juice
- 150 g Greek yogurt
- 200 g salsa
- 350 g can corn, drained
- 1 medium onion, chopped
- 2 bell pepper, chopped
- Pepper
- Salt

## DIRECTIONS

- Add black beans, salsa, corn, onion, and bell pepper into the mixing bowl and mix well.
- In a small bowl, whisk together yogurt, lime juice, honey, pepper, and salt and pour over salad and mix well.
- Top with crumbled cheese and serve.

## NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 314
- Fat 7 g
- Carbohydrates 51 g
- Sugar 13 g
- Protein 17 g
- Cholesterol 22 mg



## SECTION



## INGREDIENTS

- 1 kg zucchini, grated & squeeze out excess liquid
- 1 small onion, chopped
- 200 g breadcrumbs
- 70 g flour
- 1 tsp dried oregano
- 15 g dill, chopped
- 3 garlic cloves, minced
- 2 eggs, lightly beaten
- 90 g feta cheese, crumbled
- 2 tbsp olive oil
- Pepper
- Salt

# BAKED FRITTERS

## DIRECTIONS

- Preheat the oven to 220 C/ 428 F.
- Add grated zucchini and remaining ingredients into the large bowl and mix until well combined.
- Make equal shapes of patties from the zucchini mixture and place onto a parchment-lined baking sheet.
- Bake in preheated oven for 30 minutes.
- Serve and enjoy.

## NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 237
- Fat 8 g
- Carbohydrates 31 g
- Sugar 4.7 g
- Protein 9.3 g
- Cholesterol 51 mg



# JUICY CHICKEN SKEWERS



SERVES  
6



PREP  
10M



COOK  
20M

## DIRECTIONS

- Add yogurt, paprika, cumin powder, chili flakes, garlic, lemon juice, pepper, and salt into the large bowl and mix well.
- Add chicken and mix well. Cover and place in refrigerator for overnight.
- Thread marinated chicken pieces onto a skewer.
- Arrange chicken skewers on a hot grill and cook for 10 minutes. Flip skewers and cook for 10 minutes more.
- Serve and enjoy.

## INGREDIENTS

- 950 g chicken breasts, boneless & cut into pieces
- 1 lemon juice
- 3 garlic cloves, minced
- ½ tsp red chili flakes
- 1 ½ tsp cumin powder
- 2 tsp paprika
- 150 g Greek yogurt
- Pepper
- Salt

## NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 489
- Fat 18 g
- Carbohydrates 3 g
- Sugar 1.7 g
- Protein 72 g
- Cholesterol 213 mg

# CREAMY VEGGIE SOUP



## INGREDIENTS

- 450 g cauliflower florets
- 350 g broccoli florets
- 115 g cheddar cheese, shredded
- 300 ml unsweetened coconut milk
- 750 ml vegetable stock
- 3 garlic cloves, minced
- 1 medium onion, chopped
- Pepper
- Salt

## DIRECTIONS

- Add cauliflower, broccoli, stock, garlic, onion, pepper, and salt into the pot and bring to boil. Turn heat to low and simmer for 15 minutes.
- Remove pot from heat. Add cheese and milk and stir well.
- Puree the soup using a blender until smooth.
- Serve and enjoy.

## NUTRITIONAL VALUE (AMOUNT PER SERVING)

- Calories 363
- Fat 28 g
- Carbohydrates 18 g
- Sugar 8 g
- Protein 14 g
- Cholesterol 30 mg



# MOIST & TENDER CHICKEN FAJITAS

👤 SERVES: 4 ⌚ PREP: 10M ⌚ COOK: 3HRS

## INGREDIENTS

- 650 g chicken breast, boneless
- 4 tbsp fajita seasoning
- 2 tsp olive oil
- 3 medium onions, sliced
- 3 bell peppers, sliced

## DIRECTIONS

- Add chicken into the slow cooker.
- Pour remaining ingredients over chicken and mix well.
- Cover and cook on high for 3 hours or low for 5 hours.
- Remove chicken from slow cooker and cut into slices.
- Return the chicken into the slow cooker and mix well.
- Serve and enjoy.

## NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 298
- Fat 6 g
- Carbohydrates 20 g
- Sugar 8 g
- Protein 36 g
- Cholesterol 105 mg



## SECTION

 SERVES  
**4**

 PREP  
**10M**

 COOK  
**4HRS**



## INGREDIENTS

- 950 g chicken breasts, boneless
- 1 ½ tsp dried thyme
- 1 ½ tbs Dijon mustard
- 300 ml chicken broth
- 500 g carrots, sliced
- 3 celery stalks, chopped
- 3 medium onions, chopped
- 50 g flour
- Pepper
- Salt

# DELICIOUS CHICKEN CASSEROLE

## DIRECTIONS

- Add onion, celery, carrots, broth, mustard, thyme, pepper, and salt into the slow cooker and mix well.
- Coat chicken with flour, pepper, and salt and place onto a vegetable mixture in slow cooker.
- Cover and cook on high for 4 hours or low for 6 hours.
- Stir well and serve.

## NUTRITIONAL VALUE (AMOUNT PER SERVING):

- Calories 600
- Fat 18 g
- Carbohydrates 30 g
- Sugar 10 g
- Protein 73 g
- Cholesterol 210 mg