

# Savor!

## RECIPES

5 SIMPLE SUPPERS  
*plus* 2 DELICIOUS DESSERTS



BY  
Savor Life Wellness

# Hello there!



Food, we all love it, right? We sure do!! And actually our significant others (Kendra's hubby and Kara's man) joke about there not being a time when we aren't thinking about food--we both eat more than them seriously! We just like to eat and we need to eat to keep our bodies going honestly for health and energy reasons. But we went through a time when we faced issues figuring out the food thing - how to fit in cooking and having snacks at our fingertips as life got busier with work, kids, and commitments. Fixing food seemed more stressful in many ways than enjoyable. Life is just crazy right?

We've been working to find SIMPLE recipes that we can plan and prep ahead to make having healthier options ready to go!! So we can better savor not only the food, but knowing it's good for us - like fuel for our bodies - and also more easily savor the time it takes to get it ready. Just helps us better enjoy and savor life overall and other things like family.

We're excited to share 5 meals with you here that are some go-to options for us. And we're throwing in two bonus recipes for sweet treats we like because we still love chocolate and sweets even though we aim for healthier options most of the time. We try to go for better ingredients and eat less of them than we used to. So please enjoy these recipes and stop back to check for more updates and additions at [savorlifewellness.com](http://savorlifewellness.com) or check us out on facebook at [@savorlifewellness](https://www.facebook.com/savorlifewellness).



FAITH, FOOD, FITNESS, FAMILY... *enjoyed*





## Healthier Turkey Hash

Shift Shop Recipe – Beachbody on Demand

### INGREDIENTS

- 1 tsp olive oil
- 4 oz raw lean ground turkey breast
- 2 tbsp. chopped onion
- 2 tbsp. chopped green bell pepper
- 1 small potato, peeled, cut into ½-inch cubes
- ½ tsp. dried oregano
- ½ tsp. garlic powder
- Sea Salt (or Himalayan sea salt) and ground black pepper (to taste-optional)

### PREPARATION

1. Heat oil in medium skillet over medium-high heat.
2. Add turkey, onion and bell pepper; cook, stirring frequently, for 4-5 minutes, or until turkey browns and onion is translucent.
3. Add potato, oregano, and garlic powder. Season with salt and pepper if desired; cook, stirring frequently, for 6 to 10 minutes, or until potato is tender.



## Marinated Summer Veggies with Chicken Sausage

Shift Shop Recipe – Beachbody on Demand

### INGREDIENTS

- 2 tsp. olive oil
- 2 tbsp. balsamic vinegar
- 2 tbsp. fresh lime juice
- 2 cloves garlic, chopped
- Sea salt (or Himalayan salt) and ground black pepper (to taste, optional)
- 1 lb. green beans, ends removed
- 2 medium zuchinni, sliced
- 2 medium summer (crooked neck) squash, sliced
- 1 cup halved cherry tomatoes
- 1 medium green bell pepper, sliced
- 1 medium red onion, sliced
- 4 cooked chicken sausages, sliced (or ground sausage works too)
- 1 tbsp. chopped fresh basil

### PREPARATION

1. To make marinade, combine oil, vinegar, lime juice, and garlic in medium bowl; whisk to blend. Season with salt or pepper as desired
2. Place green beans, zuchinni, summer squash, tomatoes, bell pepper, and onion in a re-sealable plastic bag (or bowl). Add marinade; shake to blend. Let sit for 30 minutes.
3. Preheat grill or broiler to high.
4. Place veggie mixture on large sheet pan (or broiler pan). Add sausages; mix well. Spread out evenly.
5. Grill (or broil) for 4 to 8 minutes, turning occasionally, until vegetables begin to soften.
6. Sprinkle with basil before serving.





## Seasoned Chicken, Potatoes and Green Beans

Recipe from the [Magical Slow Cooker](#), Author: Sarah Olson

Prep Time: 15 minutes | Cook Time: 4 hours | Total Time: 4 hours, 15 minutes | Serves: 4

### INGREDIENTS

- 1.5- 2lbs Boneless Skinless Chicken Breasts
- ½ lb. fresh green beans, trimmed (about 2.5 cups)
- 1.25 lb. diced red potatoes (about 4 cups)
- 1/3 cup FRESH lemon juice
- ¼ cup olive oil
- 1 tsp. dried oregano
- 1 tsp. salt
- ¼ tsp. pepper
- ¼ tsp. onion powder
- 2 garlic cloves, minced

### PREPARATION

1. Start by placing the chicken in a 6-quart slow cooker, in the center. Next add the green beans on one side. Then for the potatoes, you will need to mound them high off to the other side.
2. In a medium sized bowl, whisk together the lemon juice, olive oil, oregano, salt, pepper, onion powder and garlic cloves.
3. Pour this mixture evenly over the chicken, green beans and potatoes.
4. Cover and cook on HIGH for 4 hours, without opening the lid during the cooking time.
5. Note : Do NOT use lemon juice out of squeeze bottle and expect this to taste good!



# Crockpot Chicken Wild Rice Soup

Recipe from the [Pinch of Yum](#)

Prep Time: 15 mins | Cook Time: 8 hours | Total Time: 8 hours, 15 minutes | Serves: 10

## INGREDIENTS

- 1 cup uncooked wild rice
- 1 pound chicken breasts
- 2 cups mirepoix (chopped celery, carrots, and onions)
- 6 cups chicken broth
- 1 teaspoon poultry seasoning
- 1/2 cup butter
- 3/4 cup flour
- 2 cups whole milk
- a few tablespoons white wine (optional)
- up to 2 cups additional milk or water

## PREPARATION

1. Rinse the wild rice. Place the uncooked wild rice, raw chicken, mirepoix, chicken broth, and poultry seasoning in a crockpot. Cover and cook on low for 7-8 hours. The chicken should be cooked through and the rice should be soft. There will be extra liquid in the crockpot; do not drain.
2. Remove the chicken breasts from the crockpot and allow to cool slightly. Using two forks, shred the chicken. Return the shredded chicken to the crockpot.
3. When rice and chicken are done cooking, melt the butter in a saucepan. Add the flour and let the mixture bubble for 1 minute. Slowly whisk in the whole milk until a thick, creamy mixture forms. Stir in the wine.
4. Add this to the rice and chicken in the crockpot and stir to combine. Add extra water or milk to adjust the consistency as you like it. Season with additional salt and pepper.

Notes: The poultry seasoning is a mix of several things, including thyme and sage. Even though it's only a teaspoon, do not omit this because it adds a lot of the flavor. If you don't have any, just use any other herb seasonings that you like. Thyme and sage are the best in my opinion.



# Healthier Stuffed Peppers

Recipe from [MakeltHealthy](#)

Prep Time: 15 mins | Cook Time: 1 hour, 45 min | Total Time: 2 hours | Serves: 6

## INGREDIENTS

- 1/2 cup brown rice
- 1 cup water
- 1 pound lean ground beef
- 2 cloves garlic, minced
- 1 onion, chopped
- 2 green bell peppers
- 2 red bell peppers
- 2 yellow bell peppers
- 1 (8 ounce) can natural tomato sauce
- 1 tablespoon Worcestershire sauce
- salt and ground black pepper to taste
- 1 (8 ounce) can natural tomato sauce
- 1 teaspoon Italian seasoning
- 1/4 cup grated Parmesan cheese, optional

## PREPARATION

1. Preheat oven to 350 degrees F (175 degrees C).
2. Bring brown rice and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender and liquid has been absorbed, 45 to 50 minutes.
3. Cook and stir beef, garlic, and onion in a skillet over medium heat until meat is evenly browned and onion is softened, about 5 minutes.
4. Remove and discard the tops, seeds, and membranes of the green, red, and yellow bell peppers. Arrange peppers in a baking dish with the hollowed sides facing upward. Slice the bottoms off the peppers if necessary so that they stand upright.
5. Mix the browned beef, cooked rice, 1 can tomato sauce, Worcestershire sauce, salt, and pepper in a bowl. Spoon an equal amount of the mixture into each hollowed pepper. Mix the remaining tomato sauce and Italian seasoning in a bowl, and pour over the stuffed peppers.
6. Bake in the preheated oven, basting with sauce every 15 minutes, until the peppers are tender, about 1 hour. Sprinkle the peppers with grated Parmesan cheese after baking.





## Best Ever Chocolate Oatmeal No-Bake Bars

Recipe from [Money Saving Mom](#)

### INGREDIENTS

- 1 cup peanut butter
- 1/2 cup honey
- 1/2 cup coconut oil (you could also substitute butter)
- 2 cups old fashioned oats
- 1 cup shredded coconut
- 1/2 cup chopped nuts, raisins, or dried cranberries
- 1 1/4 cups dark chocolate chips (or regular semi-sweet chocolate chips, if you prefer)
- 1 teaspoon vanilla extract

### PREPARATION

1. Melt the peanut butter, honey, and coconut oil over medium-low heat in a saucepan on the stove. {Watch this closely. Mine started to burn!}
2. Remove from heat once it's melted together and add in the oats, shredded coconut, chocolate chips, nuts/raisins, and vanilla. Stir together until the chocolate is completely melted.
3. Pour into a greased 9×13 pan and cool in the fridge. If you'd like thicker bars, you can pour the mixture into a smaller pan.
4. When the mixture is hardened, cut into bars and eat. Store in the refrigerator or freezer.

Recipe adapted slightly from *I Hear Exercise Will Kill You*





## Chocolate Nice Cream

Recipe adapted from [Get Inspired Everyday](#)

Prep Time: 10 minutes | Cook Time: 5 hours | Serves: 4

### INGREDIENTS

- 5 ripe bananas, peeled and frozen
- ¼ cup cocoa powder
- 1 Tablespoon vanilla extract
- 3 Tbsp. Almond Milk per banana
- pinch of sea salt
- Optional 'chunks' for mixing in:  
sliced bananas, chocolate chunks/chips, roasted peanuts/nuts, and cacao nibs

### PREPARATION

1. At least 8 hours or 1 day before you plan to make this recipe, cut/break the bananas into quarters and freeze them.
2. Remove the bananas from the freezer, and place them into the food processor. Sometimes they freeze together and you'll need to break them up as you put them in.
3. Add the cocoa powder, vanilla, and a pinch of sea salt.
4. Secure the lid and process until the mixture gets stuck in the food processor. Stop and scrape down the sides, breaking up and chunks that have formed.
5. Start to add the almond milk gradually. Add as much as you like per the texture you want.
6. Continue processing, stopping when necessary until the the mixture forms a creamy smooth 'ice cream'. This takes anywhere from 3-5 minutes.
7. Serve immediately or place in the freezer for a few hours to create a firmer texture.



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