

Après-Ski Crockpot Mac and Cheese

Prep this meal in a Crockpot so you can return to a great recovery meal after skiing, or cook this the night before and pack it in a thermos for a convenient lunch to help you refuel on the slopes!

Makes 8-10 servings

Instructions

1. Prepare the slow cooker by adding a liner if you want an easier cleanup.
2. In a large bowl, mix the pasta, evaporated milk, chicken bone broth, cheddar cheese, Colby jack cheese, dry mustard, black pepper, and garlic powder. Stir well and pour into the slow cooker.
3. Place the broccoli in a food processor and pulse until minced, about 20 seconds.
4. Slow cook the pasta mixture on low for 4 hours. Keep warm. Add in the broccoli, stir, and cook on high for an additional 20 minutes.
5. Top with shredded rotisserie chicken, soft-boiled eggs, crunchy chickpeas, a tuna packet, or a salmon packet for additional protein. For a filling recovery meal after skiing, add a side of greens tossed in olive oil and lemon juice, a bowl of fresh fruit, or additional roasted veggies.

Ingredients

- 16 ounces of elbow pasta (whole wheat, chickpea, or red lentil types of pasta are recommended)
- 12 oz of fresh broccoli
- 12 oz can of evaporated milk
- 4 cups of chicken bone broth
- 8 oz block of sharp cheddar cheese, grated
- 8 oz block of Colby jack cheese, grated
- 1 tsp of dry mustard
- ½ tsp of black pepper
- ¼ tsp of garlic powder, optional

Grocery List

- Elbow pasta
- Broccoli
- Evaporated milk
- Chicken bone broth
- Sharp cheddar cheese
- Colby jack cheese
- Dry mustard
- Black pepper
- Garlic powder