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| Meal | Recipe | Cook |
| Salsa Verde Chicken | 4-6 boneless, skinless chicken breasts  15 oz can black beans, drained and rinsed  15 oz can corn, drained and rinsed  12-16 oz jar salsa verde  8 oz package cream cheese (day of cooking)  1. Label freezer bag.  2. Place all ingredients (except cream cheese!) in the gallon bag.  3. Remove as much air from bag as possible and seal. | 1.The night before, place bag in fridge to thaw.  2. Morning of cooking, dump into crockpot and cook on low for about 6 hours until chicken is done.  3. Add cream cheese and let sit for about 30 minutes or until warm. |
| Crockpot White Bean Ranch Chicken Chili | 3-4 large boneless, skinless chicken breasts  1 cup chicken broth  ½ c. onion minced  ½ teaspoon minced garlic  2 teaspoons cumin  2 teaspoons oregano  1 teaspoon crushed red pepper flakes  1 ½ teaspoons salt  ½ teaspoon pepper  1 packet dry ranch dressing mix  Add at time of cooking -  2 15.8-ounce cans Great Northern beans, drained  2 4.5-ounce cans chopped green chilies  1 cup frozen fresh corn  3 c. chicken broth  sour cream lime juice and chopped fresh cilantro to garnish (optional)     1. Label freezer bag. 2. Add first 10 ingredients listed above to gallon freezer bag. 3. Remove air if possible and seal. | 1.The night before, place bag in fridge to thaw.  2. Morning of cooking, mix contents in bag and pour into crockpot.  3. Cook on low for 6-8 hours or high for 4-6 hours.  Remove the chicken from the crock pot and shred it.  4. Return the shredded chicken back into the crock pot and add the drained beans, chopped green chilies, and corn.  5. Add more salt and pepper to taste, if needed.  6. Cover your crock pot with the lid and cook for another 30 minutes or until the chicken, beans, and corn are warmed through. Serve with a dollop of sour cream, a squeeze of lime juice and chopped cilantro. |
| Boneless Country Style BBQ Ribs | 2-3 lbs boneless pork country-style ribs  ¼ to ½ c. onion thinly sliced  ½ - ¾ tsp garlic minced  1/4 cup brown sugar  1/2 cup apple sauce  1 ½ cups barbecue sauce (ONE CUP FOR PREP)  salt and pepper   1. Label freezer bag. 2. Salt and pepper ribs on both sides. Add all ingredients to gallon bag. 3. Remove air from bag and seal. | 1. The night before, place bag in fridge to thaw.  2. Morning of cooking, gently mix bag and pour into crockpot.  3. Cook on low for 5-6 hours.  4. Remove meat from slow cooker. Discard juices. Top with 1/2 cup fresh bbq sauce. Serve. |
| Lemon Garlic Dump Chicken | 2 tsp minced garlic  1/4 cup olive oil  1 Tbsp parsley flakes  2 Tbsp lemon juice   * 1. chicken breasts      1. Label freezer bag. 2. Add all ingredients 3. Remove as much air as possible and seal. 4. After sealing the bag, turn the bag over several times until everything is combined and the chicken is well coated. Freeze flat. | 1. The night before, place bag in fridge to thaw to reduce cooking time.  2. Morning of cooking, pour contents in crockpot and cook for 6-8 hours on low until temperature reaches safe eating. |
| Sausage with Onions & Peppers | Fill Freezer Bag with:  1-16 oz. package Sausage, sliced  1 onion sliced  Green, yellow, and red sliced peppers (1/2)  2 cans diced tomatoes, fire roasted and not drained  1 chicken bouillon cube  2 cloves garlic minced  1 teaspoon Cajun seasoning | Place thawed contents in the slow cooker for about 5-6 hours on low or 3 hours on high. Serve on top of rice. |
| Mexican Chicken Soup | 4 boneless, skinless chicken breasts  ½ - ¾ cup yellow onion  3 tsp minced garlic  ½ can chopped tomatoes  1 cup tomato juice  1 tsp cumin  1 tsp coriander  1 tsp chili powder  1 tsp salt  1-2 T lime juice  4 cups reduced sodium chicken broth (needed day of cooking)    1. Label freezer bag.  2. Add all ingredients (except chicken broth) to the bag.  3. Remove as much air from bag as possible and seal. | 1. The night before, place bag in fridge to thaw.  2. Morning of cooking, empty freezer bag into crockpot and add 4 cups of chicken broth.  3. Cook on low setting for 6-8 hours, or until chicken is cooked through. |
| Applesauce BBQ Chicken | 4 boneless, skinless chicken breasts  ½ tsp ground pepper  2/3 cup chunky applesauce  2/3 cup BBQ sauce  2 T brown sugar  1 tsp chili powder   1. Label freezer bag. 2. Place all ingredients in the gallon bag. 3. Remove as much air from bag as possible and seal. | 1. The night before, place bag in fridge to thaw.  2. Morning of cooking, spray crockpot with non-stick spray, or use liner for easy clean up.  3.Dump contents into crockpot and cook on low for 6-8 hours. |
| Hawaiian Pork Chops | 4 boneless pork chops  1 can pineapple chunks  2 T light brown sugar  2 T soy sauce (low sodium is best)   1. Label freezer bag. 2. Add pineapple, brown sugar, soy sauce, then pork chops. 3. Remove as much air from bag as possible and seal. | 1. The night before, place bag in fridge to thaw. 2. Morning of cooking, pour contents of bag into crockpot and cook on low for 6 hours or until pork is cook through and tender. |
| Crockpot Honey Mustard Pork Chops | 3-4 boneless pork chops  1 packet onion soup mix  ½ cup spicy brown mustard  ½ cup honey  ½ tsp black pepper  ½ stick butter  One lb red potatoes cut in half (day of cooking)  1. Label freezer bag.  2. Pour onion soup, mustard, honey, and pepper in bag and mix.  3. Place pork chops in bag.  4. Remove as much air from bag as possible and seal. | 1. The night before, place bag in fridge to thaw.  2. Morning of cooking, coat crockpot with non-stick spray or use liner.  3. Place potatoes in bottom of crockpot.  4. Pour contents into crockpot and pour all marinade from bag on top.  5. Cut butter in slices and place on top.  6. Cook on low for 7-8 hours. |
| Crockpot Cilantro Lime Chicken | 1.5 lb boneless, skinless chicken breasts  1 can black beans, rinsed and drained  1 can Rotel  1 cup corn (canned, frozen, or roasted)  ½ cup salsa  1 T dried cilantro  ½ jalapeno, diced  2 tsp cumin  2 tsp chili powder  4 tsp minced garlic  Salt and pepper to taste  1-2 T lime juice (added after cooking)  1. Label freezer bag.  2. Add all ingredients EXCEPT salt, pepper, and lime juice.  3. Remove as much air from bag as possible and seal. | 1. The night before, place bag in fridge to thaw.  2. Morning of cooking, pour contents into crockpot and season with salt and pepper to taste.  3. Cook for 7-8 hours on low or 3-4 hours on high heat.  4. Stir in lime juice. |
| Lemon Pepper Chicken | 1 lb boneless, skinless chicken breasts  ¼ cup extra virgin olive oil  Approx. 3 T lemon juice  ½ tsp black pepper  ¼ tsp salt  1. Label freezer bag.  2. Add all ingredients to bag (consider adding meat last).  3. Remove as much air as possible and seal. | 1. The night before, place bag in fridge to thaw.  2. Morning of cooking, pour contents into crockpot and cook for 3-6 hours on low or until chicken is tender. |
| Crockpot Pepperoncini Shredded Beef | 2 lb boneless beef roast  12 oz jar pepperoncinis  6 tsp minced garlic  ½ tsp pepper  1. Label freezer bag.  2. Add all ingredients, including juice prom pepperoncinis.  3. Remove as much air from bag as possible and seal. | 1. The night before, place bag in fridge to thaw.  2. Morning of cooking, pour contents into crockpot and cook for 8 hours on low or until meat shreds easily.  3. Serve on rolls with a side salad. (We melt provolone cheese over our meat – yum!) |
| Crockpot Beef Fajitas | 2 lb boneless beef roast  Red, green yellow bell pepper, sliced(1/2)  ½ cup onion  2 tsp minced garlic  1 T honey  1 T apple cider vinegar  1 T chili powder  2 tsp cumin  1 tsp paprika  ¼ tsp crushed red pepper flakes  1. Label freezer bag.  2. Add all ingredients to bag (consider putting meat last).  3. Remove as much air from bag as possible and seal. | 1. The night before, place bag in fridge to thaw.  2. Morning of cooking, pour contents into crockpot and cook for 8 hours on low or until beef is tender.  3. Shred beef and serve with peppers and onions on tortillas or rice. |