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| Meal | Recipe | Cook |
| Salsa Verde Chicken | 4-6 boneless, skinless chicken breasts15 oz can black beans, drained and rinsed15 oz can corn, drained and rinsed12-16 oz jar salsa verde8 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 breasts1 cup chicken broth ½ c. onion minced½ teaspoon minced garlic2 teaspoons cumin2 teaspoons oregano1 teaspoon crushed red pepper flakes1 ½ teaspoons salt½ teaspoon pepper1 packet dry ranch dressing mixAdd at time of cooking -2 15.8-ounce cans Great Northern beans, drained2 4.5-ounce cans chopped green chilies1 cup frozen fresh corn3 c. chicken brothsour 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 ribs¼ to ½ c. onion thinly sliced½ - ¾ tsp garlic minced1/4 cup brown sugar1/2 cup apple sauce1 ½ cups barbecue sauce (ONE CUP FOR PREP)salt and pepper1. 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 garlic1/4 cup olive oil1 Tbsp parsley flakes2 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, sliced1 onion slicedGreen, yellow, and red sliced peppers (1/2)2 cans diced tomatoes, fire roasted and not drained1 chicken bouillon cube2 cloves garlic minced1 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 breasts½ - ¾ cup yellow onion3 tsp minced garlic½ can chopped tomatoes1 cup tomato juice1 tsp cumin1 tsp coriander1 tsp chili powder1 tsp salt1-2 T lime juice4 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 breasts½ tsp ground pepper2/3 cup chunky applesauce2/3 cup BBQ sauce2 T brown sugar1 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 chops1 can pineapple chunks2 T light brown sugar2 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.
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| Crockpot Honey Mustard Pork Chops | 3-4 boneless pork chops1 packet onion soup mix½ cup spicy brown mustard½ cup honey½ tsp black pepper½ stick butterOne 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 breasts1 can black beans, rinsed and drained1 can Rotel1 cup corn (canned, frozen, or roasted)½ cup salsa1 T dried cilantro½ jalapeno, diced2 tsp cumin2 tsp chili powder4 tsp minced garlicSalt and pepper to taste1-2 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 breasts¼ cup extra virgin olive oilApprox. 3 T lemon juice½ tsp black pepper¼ 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 roast12 oz jar pepperoncinis6 tsp minced garlic½ 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 roastRed, green yellow bell pepper, sliced(1/2)½ cup onion2 tsp minced garlic1 T honey1 T apple cider vinegar1 T chili powder2 tsp cumin1 tsp paprika¼ 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. |