

6 Slow Cooker Freezer Meals in One Hour

by Graceful Little Honey Bee

Shopping List:

20 Chicken Breasts
2 onions
12 cloves garlic
6 cans great northern beans
2 - 7 oz can green chilies
4 cans corn
8 cups chicken broth
2 tsp chili powder
4 packet ranch seasoning
2 - 6 oz bottles pesto
4 small red potatoes
2 zucchini
4 medium carrots
2 cups teriyaki sauce
1 1/3 cups brown sugar
2 - 12 oz bags frozen veggies (I used a broccoli, cauliflower and carrot mix for the Teriyaki Chicken.)
6 - gallon sized freezer bags

Recipe List:

White Chicken Chili (make recipe x 2)

2 frozen chicken breasts
1 onion, diced
3 cloves garlic, minced
3 cans great northern beans
1 - 7 oz can green chilies
1 can corn
3 cups chicken broth
1 tsp chili powder
1 packet ranch seasoning

Pesto Chicken & Veggies (make recipe x 2)

4 frozen chicken breasts
6 oz bottle pesto
2 small red potatoes, diced
1 zucchini, diced
2 medium carrots, diced
1 can corn, drained
1 cup chicken broth
1 packet ranch seasoning

*Once cooked, serve with rice or pasta (not included in shopping list).

Teriyaki Chicken & Veggies (make recipe x 2).

4 frozen chicken breasts

1 cup teriyaki sauce

1 cup water

2/3 cup brown sugar

3 cloves garlic, minced

1 - 12 oz bag frozen veggies (I used a broccoli, cauliflower and carrot mix.)

*Once cooked, serve with whole wheat spaghetti (not included in shopping list).

Instructions:

Step 1: Gather all ingredients.

Step 2: Label freezer bags.

Step 3: Wash and chop vegetables for all recipes.

Step 4: Open cans for all recipes.

Step 5: Assemble meals and freeze.

To serve, thaw completely in refrigerator (including chicken breast!) and cook in slow cooker 8-10 hours on low or until chicken and vegetables are cooked. These meals serve 3-4 adults.