

Crock Pot Hawaiian Chicken

(4-5 servings)

- 2-3 large boneless/skinless chicken breasts
- ½ cup white sugar
- ½ cup vinegar
- 3 garlic cloves, minced
- 2 Tablespoons soy sauce
- ½ cup of pineapple juice (use what's in the can)
- ½ can of large pineapple chunks

Add all the ingredients to the bag.

Write on the bag:

Cook 4-5 hours on high or 6-7 hours on low. Serve it over rice and enjoy.

While I am cooking the rice I like to shred the chicken and put it back in the juice before I serve it.

Garlic Honey Chicken

(4-5 servings)

- 1 ½ to 2 pounds boneless/skinless chicken breasts
- 3 garlic cloves, minced
- ½ cup soy sauce
- ⅔ cup ketchup
- ¼ cup honey

(Feel free to double the sauce if you like extra sauce)

Add all the ingredients to a freezer bag.

Write on the bag:

Cook 3-4 hours on high or 5-6 hours on low.

Chicken Fajitas

(5-6 servings)

- 2 peppers (your favorite)
- 1 onion
- 1 1/2 pound boneless/skinless chicken breasts
- 1/2 cup chicken broth
- [taco seasoning packet](#) (or make your own)
- 1 tsp. chili powder
- 1/2 tsp. paprika
- 1 tsp. salt

You will also need tortillas, cheese, cream, etc.

Directions

Put all the ingredients in a large freezer bag.

Write on the bag:

Cook on high for 3-4 hours or low for 5-6 hours.

When it's cooked, shred the meat and add it back to the pepper mixture and serve on warm tortillas and your favorite toppings.

Chicken Cacciatore

(Serves 4-5)

- **2 pounds boneless/skinless chicken breasts**
- **28 oz can crushed tomatoes**
- **1/2 red bell pepper (cut lengthwise)**
- **1/2 green bell pepper (cut lengthwise)**
- **1/2 large onion, chopped**
- **1 tsp dried oregano**
- **1 bay leaf**
- **salt and fresh pepper to taste**
- **3-4 potatoes (Don't put in the freezer bag)**
- **1 bag of pre-cut baby carrots (Don't put in the freezer bag)**

Instructions

Place all the ingredients, *except the carrots and potatoes, into the freezer bag.

Write the following instructions on the bag:

- 1. Dump the ingredients into your crock pot.**
- 2. Cut up the potatoes and add potatoes and carrots to your crock pot.**
- 3. Cook 5-6 hours on high or 7-8 hours on low.**
- 4. Remove the bay leaves.**

Tortilla Soup

- 1 ½ – 2 large boneless, skinless chicken breasts
- 1 (24 oz) can whole peeled tomatoes, mashed
- 1 (10 oz) can enchilada sauce
- 1 yellow onion, chopped
- 1 (4 oz) can chopped green chile peppers
- 2 cloves garlic, minced
- 4 cups water
- 2 teaspoons chicken bouillon
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- Crumbled tortilla chips
- cream (sour or Mexican)
- shredded cheese (cheddar or Mexican mix)

Instructions:

Place chicken, tomatoes, enchilada sauce, onion, green chiles, garlic, water, chicken bouillon, and spices into a freezer bag.

Write on the bag:

1. Dump contents of the freezer bag into your crock pot.
2. Cover, and cook on high for 4 to 6 hours or low for 6 to 8 hours
3. When it's done remove chicken and shred with 2 forks. The smaller the better since you can't really cut up your soup.
4. Tip - once you remove the chicken place the chunky stuff into a blender and blend until smooth. My kids don't like chunks but they loved this soup!
5. To serve, mix in some cream, cheese and tortilla chips.

Southwest Chicken

- 1 can of corn, drained
- 1 can of black beans, drained
- 1 16oz jar of salsa
- 3-4 boneless/skinless chicken breasts (about 2 pounds)
- 1 8oz brick of cream cheese

Instructions:

Add the corn, black beans, salsa, and chicken to the ziploc bag.

Write on the bag:

1. Dump ingredients into the crock pot. Cook on high for 6-7 hours and low for 7-8 hours.
2. About 30 minutes before the meal is going to be served remove and shred the chicken.
3. Cut up the cream cheese into chunks and add to the crock pot with the chicken. Let it heat up for about 30 minutes.

Serve over rice. We also added some shredded cheese on top and it was delicious!

If you are not a fan of black beans you can omit them or just add half the can. I don't really like them but they were good in this recipe.

Crock Pot Chicken Ranch Tacos

- 1 -1/2 pounds boneless, skinless chicken breasts
- 1 Packet taco seasoning
- 1 Packet Ranch Dressing powder
- 1/4 cup Ranch dressing (do not add to freezer bag)

Write on the bag:

Dump in the slow cooker and cook on high for 4-5 hours or low for 6-7 hours. When the meat is cooked, shred and add back to the crock pot with 1/4 cup ranch dressing until heated.

On the day you serve the meal you will need the additional items:

- taco shells (soft or hard)
- lettuce
- cheese
- tomatoes
- salsa
- sour cream

Philly Chicken Sandwich

- 2-3 boneless, skinless chicken breasts (about 1.5 pounds)
- 2 Tablespoons butter
- 2 green bell peppers, sliced
- 1 large yellow onion, sliced
- 1 tablespoons Montreal Marinade seasoning
- grated Mozzarella cheese
- Good Hoagie Rolls

Write on the bag

- Cook on low for 5-6 hours or high 3-4 hours. Shred the meat and serve on a roll. Add cheese and broil until cheese is bubbly.

Instructions

- Add butter, green peppers, onions, chicken, and seasoning into a large freezer bag

Spicy Chicken over Yellow Rice

- 1 ½ pounds boneless skinless chicken breast
- 1 ½ cup of your favorite s salsa
- 2 Tablespoons taco seasoning
- 1 Tablespoon maple syrup
- 1 teaspoon lime juice
- 1 Tablespoon butter
- 4 oz cream cheese (do not add to the bag)

Write on the bag

- Cook 5-6 hours on high or 6-7 on low. Shred chicken and add cream cheese. Heat for about 30 minutes longer.

Instructions

- Place all the ingredients, except for the cream cheese, in a freezer bag.

BBQ Chicken

- 2 pounds boneless skinless chicken breasts
- 1 cup barbeque sauce (your favorite)
- ½ cup vinegar
- ½ cup light brown sugar
- 1 Tablespoon yellow mustard
- 1 Tablespoon Worcestershire sauce
- 1 Tablespoon onion flakes
- 1 teaspoon garlic powder
- Buns

Write on bag

- Add all the ingredient to the slow cooker (except buns). Cook 7-8 hours on low or 5-6 hours on high.

This meal can be eaten as sandwiches by shredding the chicken before serving. Or just eat the chicken and enjoy it with some delicious side items!

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