

## Part 2 1 Hour +1 Mess =5 Crock Pot Meals Shopping list

### Recipes

#### Dijon chicken

(4-5 servings)

- 2 pounds chicken breasts
- 1 cup chicken broth (or 1 cup water & 1 Tablespoon bouillon)
- 1 onion, chopped
- 2 T dijon mustard
- 3 cloves garlic, chopped
- 2 bay leaves
- 1/2 - 1 tsp thyme (depending on how much you like thyme)

#### **Instructions**

Add all the ingredients to the bag.

#### **Write the following instructions on the bag:**

1. Dump the contents of the bag into your crock pot.
2. Cook 4-5 hours on high or 5-6 hours on low.
3. Remove bay leaves when you are done

(Maybe serve with stuffing?)

#### Rotisserie Crock Pot Chicken And Potatoes

(serves 4-5)

- 1 whole chicken (4-5 pounds)
- 2 tsp salt
- 1 tsp paprika
- 1 tsp onion powder
- 1/2 tsp dried thyme
- 1/2 tsp chili powder
- 1/2 tsp black pepper
- 4 whole garlic cloves
- 3-4 potatoes, quartered (Don't put in the freezer bag)

#### **Instructions:**

1. Mix all the dry spices together. Rub the spice mixture all over the chicken, and under the skin of the breast.
2. Add 4 whole garlic cloves inside the bird.
3. Put in the freezer bag.

#### **Write the following instructions on the bag:**

1. Quarter 3-4 potatoes and loosely wrap them in a few foil balls.
2. Place them at the bottom of the crock pot and put the chicken on top of the potatoes.
3. Cover and cook on high for 4-5 hours or on low for 7-8 hours.

## **Italian Chicken**

(serves 4-5)

- 2 pounds of boneless/skinless chicken breasts
- 2 garlic cloves, minced
- 1 packet ranch dressing mix
- 1/2 Tbsp. chili powder
- 1/2 cup water\*
- 1 cup Italian dressing (Don't put in the freezer bag)

### **Instructions**

- Place all the ingredients in the freezer bag - **except the Italian dressing.**
- \*If you use pre-frozen chicken there is a layer of ice, so you do not need to add the water.

### **Write the following instructions on the bag:**

- Add 1 cup Italian dressing
- Cook on high 5-6 hours or low for 7-8 hours. You can eat this as a whole chicken breast or shred and use it for tacos.

## **Chicken Tinga Tostadas**

(Serves at least 6)

- 3 boneless/skinless chicken breasts
- 3-4 tomatoes
- 1/2 cup water\*
- 1/8 piece small onion (just a small wedge)
- 1 garlic clove
- chipotle peppers (1-2 from a can - freeze the leftovers)
- 1 teaspoon chicken bouillon
- Salt to taste (at least a teaspoon)

### **Instructions**

- In a blender combine tomatoes, 1 garlic clove, onion, 1-2 chipotle peppers, chicken bouillon, and water\*. (You can use less chipotle if you don't like it to be spicy. My 7 and 3 year old boys didn't have any problems with the spiciness.) \*You do not need the water if you use pre-frozen chicken breasts.
- Add all the ingredients to the freezer bag.

### **Write the following instructions on the bag:**

1. Cook on high 5-6 hours or low for 7-8 hours.
2. When the meat is cooked it should be very easy to shred. You want to shred it as much as possible because it's easier to eat on the tostada shells.
3. Serve on tostada shells. You can put refried beans on the tostadas, then the meat mixture, then Mexican cream. We also like to crumble Panela cheese to put on top.

### **Tips:**

- Get creative and add more toppings if you like. Tostadas look different in Mexico than in the US. If you prefer, you can also add some lettuce or cheddar cheese.
- This meal will have a lot of liquid, so it's best to serve with a slotted spoon. You could also eat this with tortillas. It makes a lot of food, so this could also be a great meal to bring to a potluck dinner.

- Serve it with a side of rice for a tasty Mexican meal.

### **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.
5. We also like to sprinkle some parmesan cheese on the dinner.



