

## **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.

### **Instructions:**

Dump all the ingredients except for the Ranch dressing into the freezer bag. On the day you serve the meal you will need the additional items:

taco shells (soft or hard)

lettuce

cheese

tomatoes

salsa

sour cream

## **Crock Pot Ribs**

- About 2 lbs of ribs
- 1/2 cup brown sugar
- 1 teaspoon pepper
- 1 Tablespoon garlic powder
- 3/4 cup Coke (I saved a 2 liter with flat soda to use)
- 1 Tablespoons honey
- Extra BBQ sauce, optional

### **Write on the bag:**

Cook on high for 4-5 hours or on low 8-9 hours. Cooking time varies according to the size of your crock pot.

### **Instructions**

Add all the ingredients to the freezer bag.

After you have prepared them, you may want to drizzle about a 1/2 cup of BBQ sauce about 15 minutes before serving. Although my husband said they were perfect without the extra sauce. I did not use the juice that was inside the crock pot because it had a lot of grease. There was plenty of flavor on the ribs.

## Simple Beef Stew

- 2 pounds cubed stew meat
- 1/2 white onion chopped
- 2 garlic cloves, diced
- 3 cups water
- 3 teaspoons of Better Than Bouillon (Like beef bouillon but it has a richer flavor.)
- Bag of baby carrots
- 2-3 large potatoes, cut into large chunks
- Salt & Pepper to taste

### Write on the bag:

Add Potatoes and carrots to the crock pot. Cook on high for 6-7 hours or low for 7-8 hours.

### Instructions:

Add the beef, onion, garlic, water, and bouillon to a plastic freezer bag. \*Don't add the potatoes nor carrots to the freezer bag.

## Comfort Chicken

- 2 lbs boneless, skinless chicken breasts
- 1/2 onion, sliced
- 2 cups water
- 3 teaspoons chicken bouillon (or 1 cube)
- Bag of baby carrots\*
- 1 can cream of chicken soup\*
- 2-3 potatoes, chopped\*

\*Do not add these items to the freezer bag.

### Write on the bag:

Add 1 bag of baby carrots, 2-3 chopped potatoes, and cream of mushroom soup. Cook on high for 6-7 hours or low for 7-8 hours. Also include a note to remove chicken and veggies from broth. In a saucepan pour the chicken juices. Mix 2 heaping tablespoons of flour and about 1/4 cup of water. Add to the chicken juices to make a gravy. Let it boil a little to thicken. (The gravy in the slow cooker is good, so you don't need to thicken it up when you prepare it.)

### Instructions:

In a plastic freezer bag add chicken, onion, water, and chicken bouillon. (You will need to add the additional items the day you prepare the meal.) You can peel and cut the potatoes the night before to make prep time faster the next morning.

## **Slow Cooker Pulled Pork Sandwiches**

- 1 (4 pound) pork shoulder roast
- 1 cup barbeque sauce
- 1/2 cup apple cider vinegar
- 1/2 cup chicken broth
- 1/4 cup light brown sugar
- 1 tablespoon chili powder
- 1 tablespoon yellow mustard
- 1 tablespoon Worcestershire sauce
- 1 large onion, chopped
- 2 large cloves garlic, crushed
- 8 hamburger buns (When you prepare the meal)

### **Write on the bag**

Dump all the ingredients in a crock pot. Cook on high for 5-6 hours or low for 6-7 hours. When the meat is done, shred the meat with 2 forks and add back to the crock pot for a few minutes to absorb the juices.

### **Instructions**

Combine all the ingredients (except for the buns) in a freezer bag.



