

### **Philly Chicken Sandwich**

- 2 tablespoons butter
- 2 green bell peppers, sliced
- 1 large yellow onion, sliced
- 2-3 boneless,skinless chicken breasts (about 1.5 pounds)
- 1 tablespoons Montreal Marinade seasoning
- grated Mozzarella cheese
- Nice 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 syrup and I know you have some in your pantry!)
- 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 20 minutes longer.

### **Instructions**

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

### **Sweet & Sour Chicken**

- 2 lbs. of chicken
- small onion, sliced
- red pepper, sliced
- green pepper, sliced
- 1 clove garlic, minced
- 2 Tbsp soy sauce
- 20 oz can pineapple (chunks or crushed)
- ¼ cup brown sugar
- ¼ tsp ground ginger
- ¼ cup cider vinegar
- ¼ cup water

### **Write on the bag**

Dump all the ingredients in your slow cooker and cook for 4-5 hours on high or 7-8 hours on low. (I like to cook on low so the chicken doesn't dry out.)

### **Instructions**

Add all the ingredients to the freezer bag. Enjoy over rice!

### **BBQ Chicken**

- 2 pounds boneless skinless chicken breasts
- 1 cup barbeque sauce (your favorite)
- ⅓ cup vinegar
- ⅓ cup light brown sugar
- 1 tablespoon yellow mustard
- 1 tablespoon Worcestershire sauce
- 1 TBSP onion flakes
- 1 tsp garlic powder

### **Write on bag**

Add all the ingredient to the slow cooker. 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!

### **Dr Pepper Pot Roast**

- 1 Chuck Roast (2-3 lbs)
- 16 oz bottle of Dr. Pepper (you can use diet or regular)
- 2 large garlic cloves, diced
- 1 Tablespoon of Worcestershire Sauce
- Carrots (Add later)
- Potatoes (Add later)

### **Write on the bag**

Add to the crock pot with diced carrots and potatoes (you can chop these the night before).

Cook 7-8 hours on low or 5-6 hours on high.

Add all the ingredients to the bag (except the carrots and potatoes - I don't like to freeze these items). This is not your typical pot roast but it's has a great, unique flavor. Try substituting the Dr Pepper for Coke.



