

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.

