

Part 8 Crock Pot Freezer Meal (Italian Spinach Chicken, Slow Cooker White Wine and Garlic Chicken, Crock Pot Lemon Chicken, BBQ Ranch Chicken, Frito Chili)

Italian Spinach Chicken

Serves 4-6

- 1 ½ - 2 pound of boneless, skinless chicken breasts
- 2 cups Italian tomato sauce (see note if you have plain tomato sauce.)
- 3 cups fresh spinach
- 1 8 oz bar cream cheese

Note - add 1 teaspoon of fresh basil ½ teaspoon of garlic and onion powder.

Write on bag - Add 1 8oz bar of cream cheese and 3 cups of fresh spinach 45 minutes before serving.

Serve over spaghetti. Cook 4-5 hours on high or 6-7 hours on low.

Instructions - In a large freezer bag add chicken and tomato sauce.

Slow Cooker White Wine and Garlic Chicken

Serves 4-6

- 1 ½ - 2 pound of boneless, skinless chicken breasts
- ¾ cups white wine
- ¼ cups lemon juice
- ¾ cup water
- 2 teaspoons chicken bouillon
- 3 large garlic cloves minced
- 2 teaspoons Italian seasoning
- ½ of a white onion, sliced
- 1 large red bell pepper, diced
- salt and pepper to taste
- 12 ounces pasta

Write on bag - Cook for 4-5 hours on high or 6 hours on low. Serve over your favorite spaghetti.

Instructions - In a large freezer bag add all the ingredients (except the spaghetti).

Crock Pot Lemon Chicken

Serves 4-6

- 2 lemons - 1 juiced other sliced
- 1/2 white onion, quartered
- 2 tablespoons butter, melted
- 1.7 oz Italian Salad dressing (powdered mix only)
- 1 whole chicken

Write on the bag - Cook on low about 6-7 hours or on high for 4-5 hours. (This may vary depending on the size of your chicken.)

Instructions - Place the onion and some lemon slices inside the chicken. Put the chicken in the freezer bag and add the rest of the lemon slices. Combine lemon juice, butter and Italian Seasoning and add it to the bag.

Tip - when you cook this meal, quarter a few potatoes and wrap each potato in aluminum foil. Add them to the crock pot and then place the chicken breast side down on top of the potatoes.

BBQ Ranch Chicken

serves 4-6

- 2 pounds boneless, skinless chicken breasts
- 1/2 cup ranch dressing
- 1/2 cup barbecue sauce

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

Instructions - Place chicken, ranch dressing and BBQ sauce in a large freezer bag.

Frito Chili

- 2 pounds ground beef
- 1 onion chopped
- 2 teaspoons chili powder
- 1 teaspoons ground cumin
- 1 teaspoons dried oregano
- 2 garlic cloves, diced
- 2 cups tomato puree (or diced tomatoes if you prefer)
- 2 cups water
- 1 cup salsa
- 1 beef bouillon cube
- 1 bag Fritos

optional - shredded cheese and sour cream

Write on the bag - Cook on low for 4 hours. Serve over Fritos with your favorite chili topping.

Instructions - In a pan brown ground beef and onion until beef is browned and onion is tender. Drain off any fat and place meat and remaining ingredients, except Fritos, into a large freezer bag.

