

Printable 1 Hour + 1 Mess = 5 Dinners

With this list below you will have Garlic Honey Chicken, Beef Burritos, Chicken Fajitas, Hawaiian Chicken, and Teriyaki Pork Chops.

First take 5 large freezer bags. Grab a Sharpie and label each bag. You should also write the instructions on the bag. Cut up the onions - half slices and half diced, cut up the peppers, and peel the garlic (You can dice the garlic as you fill up your bags).

Go through and add all the meats to the bags. Then go back and add the rest of the ingredients. (You can fill them up in any order, this was just my preference.) Lay them to freeze so the frozen food will fit in your crock pot. Take them out in the morning and cook according to the instructions.

Recipes

### **Crock Pot Hawaiian Chicken (4-5 servings)**

2-3 large boneless, skinless chicken breasts

½ cup white sugar

½ cup vinegar

3 garlic cloves, minced

2 Tablespoons soy sauce

½ cup of pineapple juice (use what's in the can)

½ can of large pineapple chunks

### **Instructions**

Add all the ingredients to a freezer bag.

When you are ready to prepare your meal, dump all the ingredients in your crock pot and cook 4-5 hours on high or 6-7 hours on low.

Serve it over rice and enjoy. While I am cooking the rice I like to shred the chicken and put it back in the juice before I serve it.

### **Beef Burritos (6 servings)**

1 London Broil or top round roast (about 2 lbs)

1 diced onion

4 garlic cloves, minced

2 tablespoons whole peppercorns

2 tablespoons apple cider vinegar

2 (8 oz) cans tomato sauce

1 chipotle pepper in adobo sauce – Use just 1 pepper!! (It's in a can.)

1 ½ teaspoon chili powder (you can adjust this according to your taste)

### **Instructions**

Add all the above ingredients into a freezer bag.

When you are ready to cook the meal, dump the contents of the bag into the crock pot and cook on high for 4-5 hours or low for 6-7 hours. Cook on high for 4-5 hours or low for 6-7 hours.

When the meat is cooked, you will need to strain the juices and add the juice back to the slow cooker. (You want to remove the peppercorns and onions.) Shred the meat and add back to the juice in the slow cooker for about 30 minutes. This is one of our favorite recipes. My kids eat it as long as we have leftovers.

You will also need:

16 burrito sized flour tortillas

Anything else you like on burritos – cream, cheese, lettuce, tomatoes, etc.

We also like to add Cilantro Lime Rice to our burritos. All you need to do is make some white rice and add lime juice, cilantro, and salt.

### **Garlic Honey Chicken (4-5 servings)**

1 ½ to 2 pounds boneless, skinless chicken breasts

3 garlic cloves, minced

⅓ cup soy sauce

⅔ cup ketchup

¼ cup honey

(Feel free to double the sauce if you like extra sauce)

### **Instructions**

Add all the ingredients to a freezer bag.

When you are ready to cook this meal, dump all the ingredients in your crock pot and cook 3-4 hours on high or 5-6 hours on low.

### **Teriyaki Pork Chops ( 4 servings)**

4 pork chops, about 1-inch thick

Salt and pepper to taste (you can sprinkle them before you add them to the bag.)

2 cloves garlic, minced

2 tablespoons brown sugar

¼ cup soy sauce

⅓ cup chicken broth

### **Instructions**

Add the pork chops, garlic cloves, brown sugar, and soy sauce, and chicken broth to the freezer bag.

When you are ready to cook this meal, dump the ingredients in your crock pot and cook on high

for 4-5 hours or low for 6-7 hours.

We ate this with mashed potatoes.

### **Chicken Fajitas (5-6 servings)**

2 peppers (your favorite)  
1 onion  
1 1/2 pound chicken breast  
1/2 cup chicken broth  
taco seasoning packet  
1 tsp. chili powder  
1/2 tsp. paprika  
1 tsp. salt

You will also need tortillas, cheese, cream, etc.

### **Instructions**

Put all the ingredients in a large freezer bag. (Make sure you label the bag with instructions.)  
When it's time to cook it, dump it all in your slow cooker and cook on high for 3-4 hours or low for 5-6 hours.  
When it's cooked, shred the meat and add it back to the pepper mixture and serve on warm tortillas and your favorite toppings.



