

7 HEALTHY CHICKEN CROCKPOT FREEZER MEALS

RECIPE LIST

Red Pepper Chicken
Lemon Pepper Chicken
Chicken Philly Cheesesteak
Spring Chicken Soup
Chicken Fajitas
Hawaiian Chicken
Southwestern Chicken Chili

GROCERY LIST FOR ALL 7 MEALS

MEAT

- 7 pounds boneless, skinless chicken breasts

PRODUCE

- 4 red peppers
- 2 green peppers
- 1 yellow pepper
- 2 lemons
- 4 small onions
- 1 bunch green onions
- 1 zucchini
- 6 carrots
- 5 celery stalks
- 11 large garlic cloves
- 1 pineapple

FROZEN

- 1 cup frozen corn

SEASONINGS

- 1.25 teaspoons crushed red pepper flakes
- 2 teaspoons black pepper
- 1 teaspoon salt
- 1.5 teaspoons dill
- 1.5 teaspoons dried parsley
- 1 tablespoon plus 2 teaspoons chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika

More info can be found on <http://www.NewLeafWellness.biz>

- 1 teaspoon oregano

CANNED

- 14oz can of tomato sauce
- 15oz can of black beans
- 2 cups chicken broth (one can)

MISC

- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 4 tablespoons light brown sugar
- 2 tablespoons low sodium soy sauce
- 1/2 cup plus 1 tablespoon extra virgin olive oil
- 3 tablespoons cornstarch
- 7 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- 6 slices provolone cheese
- 6 cups chicken broth
- 1/2 cup orzo
- Suggested Side dishes
 - Red Pepper chicken- on tortillas with lettuce, cheese, and tomato
 - Lemon Pepper Chicken- broccoli and rice
 - Chicken Philly Cheesesteak – on rolls
 - Spring Chicken Soup – fresh crusty bread
 - Chicken Fajitas – tortillas with lettuce, cheese, sour cream, and guacamole
 - Hawaiian Chicken- brown rice and broccoli
 - Southwestern Chicken Chili – top with cheddar cheese and crushed tortilla chips

RECIPES

Red Pepper Chicken

Yields: One gallon-sized bag of red pepper chicken with three servings

Ingredients

- 1 pound boneless, skinless chicken breasts, fat trimmed
- 1 medium-sized red bell pepper, sliced (about 1.5 cups)
- 1/4 cup extra virgin olive oil
- 4 large garlic cloves, minced
- 1 small onion, diced (about one cup)
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 3-6 hours, or until chicken is cooked through and tender.

Serve on tortillas with lettuce, cheese, and tomatoes.

Lemon Pepper Chicken

Yields: One gallon-sized bag of lemon pepper chicken with three servings

Ingredients

- 1 pound boneless, skinless chicken breasts, fat trimmed
- 1/4 cup extra virgin olive oil
- The juice from one lemon (about 3 tablespoons)
- 1/2 teaspoon freshly cracked black pepper
- 1/4 teaspoon salt

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 3-6 hours, or until chicken is cooked through and tender.

Serve with rice and broccoli.

Crockpot Chicken Philly Cheesesteak

Yields: 6 servings

Ingredients

- 3 tablespoons corn starch
- 1 cup chicken broth
- 1 pound chicken breasts, cut into strips
- 1 small onion, peeled and sliced
- 3 medium-sized bell peppers, cut into strips (I used two green and one red pepper)
- 1/2 teaspoon black pepper
- 1 clove of garlic, minced
- 6 slices of provolone cheese *not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except cheese.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 3-6 hours, or until chicken is cooked through and tender.
3. Add sliced cheese and cook additional 10 minutes or until melted.

Serve on rolls.

Spring Chicken Soup

Yields: 8 servings

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 large boneless, skinless chicken breast (1+lb)
- 1 bunch of green onions, chopped (whites and greens)
- 1 medium-sized zucchini, chopped
- 1 garlic clove, minced
- 5 carrots, peeled and sliced
- 3 celery stalks, sliced
- The juice from one lemon
- 1.5 teaspoons dill
- 1.5 teaspoons dried parsley
- 1/4 teaspoon pepper
- 1/2 cup orzo *not needed until day of cooking
- 48oz chicken broth (6 cups) *not needed until day of cooking
- 16oz water (2 cups) *not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except orzo, chicken broth, and water.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and add chicken broth and water.
3. Cook for 6 hours on "low" or until chicken is cooked through and tender.
4. Shred chicken and add orzo.
5. Cook for additional 30 minutes.

Serve with fresh, crusty bread.

Chicken Fajitas

Yields: Four servings

Ingredients

- 1 pounds of boneless skinless chicken breasts, fat trimmed
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 1 small yellow onion, peeled and sliced
- 2 cloves of garlic, minced
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. Add all ingredients.
3. Remove as much air from the bag as possible, seal, and lay flat in your freezer for up to three months.

Cook

1. The night before cooking, move the frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on "low" setting for 6 hours or until chicken is tender.
3. Shred chicken and serve with cooked onions and peppers.

Serve on tortillas with lettuce, cheese, sour cream, and guacamole.

Hawaiian Chicken

Yields: 3 servings

Ingredients

- 1lb boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 fresh pineapple, stalk, skin, and core removed and fruit cut into bite-sized pieces
- 2 tablespoons light brown sugar
- 2 tablespoons low sodium soy sauce

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. Add all ingredients.
3. Remove as much air from the bag as possible, seal, and lay flat in your freezer for up to three months.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 3-6 hours, or until chicken is cooked through and tender.

Serve with brown rice and broccoli, and enjoy!

Southwestern Chicken Chili

Yields: 6 servings

Ingredients

- 1 pound chicken breasts
- 1 onion, peeled and chopped (one cup)
- 2 stalks of celery, chopped (about one cup)
- 1 large carrot, peeled and diced
- 1 red pepper, chopped
- 14oz can of tomato sauce
- 15oz can of black beans, drained and rinsed
- 1 cup frozen corn
- 2 tablespoons light brown sugar
- 1 cup chicken broth
- 3 cloves of garlic, minced
- 2 teaspoons chili powder
- 1 teaspoon oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Materials

- 1 gallon-sized plastic freezer bag

Prep

4. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
5. Add all ingredients.
6. Remove as much air from the bag as possible, seal, and lay flat in your freezer for up to three months.

Cook

3. The night before cooking, move frozen bag to your refrigerator to thaw.
4. The morning of cooking, pour contents of freezer bag into your slow cooker.
5. Cook on "Low" setting for 6-8 hours or until chicken is cooked through and veggies are soft.
6. Shred chicken.

Top with cheddar cheese and crushed tortilla chips.