Black Bean Corn Salsa Chicken

Ingredients: 1/2 pkg Taco Seasoning 1/2 cup Salsa 1/3 cup Water 1lb (3-4)Chicken Breasts

Put everything in freezer bag. Empty bag in slow cooker and cook for 6-8 hours on low heat. One hour before chicken is done, add 1 can black beans and one can of corn. Shred the chicken and add back to sauce-serve on tortillas.



Pulled Pork Ingredients: 4 lb pork roast 1 bottle BBQ Sauce 24 ounces Root Beer

Put everything in freezer bag. Empty bag in slow cooker and cook for 8-10 hours on low heat. Serve on buns or rice



Hawaiian Pork Ingredients: 3-4 lb pork roast 1T salt 1/2 pkg Taco Seasoning 1 T liquid smoke Put everything in freezer bag. Empty

bag in slow cooker and cook for

over rice.

and 1 can of chunk pineapple. Serve



Cream Cheese Chicken Ingredients:

1 can cream of chicken soup 8 oz pkg of cream cheese 1 pkg of Italian Dressing Dry Mix 2 cups chicken broth 1lb (3-4 large)Chicken Breasts

Put everything in freezer bag. Empty bag in slow cooker and cook for 6-8 hours on low heat. Optional: 1 hour before mix chicken soup with cream cheese in a saucepan and add to the pot instead of putting in the freezer bag.

Beef Tacos

- 1 lb ground beef (cooked)
- 1 pkg taco seasoning

1 can of rotel tomatoes or diced tomatoes.

Put everything in freezer bag. Empty bag in slow cooker and cook for 3-4 hours on low heat.

Buffalo Chicken Roll-Ups Ingredients:

- 1 lb (4-6) Chicken Breasts
- 18 oz cream cheese
- 1/2 Frank's red hot sauce or

Buffalo Sauce

3lb bag of frozen rolls

Put everything in freezer bag except rolls. Empty bag in slow cooker and cook for 6-8 hours on low heat.

Thaw frozen rolls. Add chicken mixture into rolls and fold up and pinch sides. Bake at 350 degrees for 15-20 min. until golden brown.

Teriyaki Chicken

Ingredients: 1lb Chicken Breasts (3-4) 1/4 cup Soy Sauce 1/2 cup brown sugar 1/2 cup Teriyaki Sauce 1 T. sesame oil 3 carrots chopped fine 1 chopped green bell pepper 1 tsp. ginger 1 cup chicken broth 3 tsp. minced garlic Put everything in freezer bag. Empty bag in slow cooker and cook for 6-8 hours on low heat.



Lemon Garlic Chicken

Ingredients:

- 2 lb boneless chicken breasts
- 3/4 cup chicken stock
- 4 tsp minced garlic
- 1/4 teaspoon salt
- 1 teaspoon oregano
- 2 teaspoons lemon zest
- 1 1/2 teaspoons chicken bouillon
- 3 tablespoons butter (cut into cubes) Put everything in freezer bag. Empty

bag in slow cooker and cook for 6-8 hours on low heat. Add 1 T. lemon juice before serving

Shredded Fajita Chicken

- 2 lbs boneless chicken breasts
- 1 sliced red onion
- 1 sliced green bell pepper
- 2 tablespoons honey
- 1 tablespoon olive oil
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 tablespoon paprika
- 1 teaspoon salt
- 1 teaspoon onion powder

1 teaspoon garlic powder Put everything in freezer bag. Empty bag in slow cooker and cook for

6-8 hours on low heat. Shred meat and put on tortillas and add toppings.



Taco Soup

Ingredients:

- 1lb ground beef
- 1T minced onion or one diced onion
- 1 tsp garlic powder
- 2 cans diced tomatoes
- 2 cups beef broth

2 pkgs taco seasoning

Put everything in freezer bag. Empty bag in slow cooker and cook for 3-4 hours on low heat. At the last hour add 1 can black beans, 1 can kidney beans and 1 can of corn. Garnish with chips and cheese

Cilantro Lime Chicken

- 2 lbs boneless chicken breast
- 1/2 cup chicken stock
- 2 cloves garlic, minced
- 1/4 teaspoon salt
- 1/2 teaspoon cumin
- 1/4 teaspoon ground coriander
- 2 T. lime juice
- 2 tablespoons honey
- 1/4 cup cilantro leaves

Put everything in freezer bag. Empty bag in slow cooker and cook for 6-8 hours on low heat.

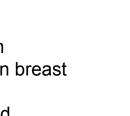
5-Ingredient Crockpot Pot Roast

Ingredients:

- 4 lb boneless beef chuck roast
- 1 lb of baby carrots
- 1 packet of dry onion soup mix
- 1 cup water

Put everything in freezer bag. Empty bag in slow cooker and cook for 6-8 hours on low heat. After 4 hours add 4 potatoes chopped small or 2 cans of whole potatoes.





Lemon Chicken w/Baby Spinach

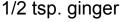
Ingredients: 2 Ibs chicken breasts 3 oz. baby spinach 1/4 c. olive oil 2 T. lemon juice 1 T. parsley 1T. basil 1 tsp. garlic powder 1/2 tsp. salt and pepper Put everything in freezer bag. Empty bag in slow cooker and cook for 6-8 hours on low heat.



Apricot Ginger Chicken

Ingredients: 2 lbs chicken breasts or thighs 1 cup apricot jam 1 T. soy sauce

1 tsp. garlic powder



Put everything in freezer bag. Empty bag in slow cooker and cook for 6-8 hours on low heat.

Turkey Black Bean Chili

Ingredients: 1lb ground turkey 2 cans tomato sauce 1 can diced tomatoes 2 T. minced garlic 1 T. paprika 1 T. chili powder 2 tsps. cumin Put everything in freezer bag. Empty bag in slow cooker and cook for 6-8 hours on low heat. Last two hours add 2 cans of black beans and 1 can of corn.



Tuscan Tortellini Soup

Ingredients:

- 24 oz jar pasta sauce
- 2 oz baby spinach
- 8 carrots diced
- 1 onion diced

32 oz vegetable broth

Put everything in freezer bag. Empty bag in slow cooker and cook for 6-8 hours on low heat. The last two hours of cooking add 19 oz bag of frozen cheese tortellini.



Sloppy Joes

Ingredients: 2 lbs ground beef 1 onion diced 6 oz tomato paste 1/2 cup ketchup 1T chili powder 1 tsp. garlic powder 1/2 tsp. pepper



Put everything in freezer bag. Empty bag in slow cooker and cook for 6-8 hours on low heat.

Cranberry Pork Roast Ingredients: 2 lb pork roast 15 oz can whole berry cranberry sauce or cranberry jelly sauce 1/4 cup honey 1/4 cup minced onion flakes

Put everything in freezer bag. Empty bag in slow cooker and cook for 6-8 hours on low heat.