

## 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 8-10 hours on low heat. One hour before the roast is done-add 1 chopped bell pepper and 1 can of chunk pineapple. Serve over rice.



## 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.



## 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.



## Buffalo Chicken Roll-Ups

### Ingredients:

1 lb (4-6) Chicken Breasts

1 8 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.



## 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



## 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



## 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.



## 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.



## 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 lbs chicken breasts  
3 oz. baby spinach  
1/4 c. olive oil  
2 T. lemon juice  
1 T. parsley  
1 T. 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.



## 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.



## Apricot Ginger Chicken

### Ingredients:

2 lbs chicken breasts or thighs  
1 cup apricot jam  
1 T. soy sauce  
1 tsp. garlic powder  
1/2 tsp. ginger

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



## Sloppy Joes

### Ingredients:

2 lbs ground beef  
1 onion diced  
6 oz tomato paste  
1/2 cup ketchup  
1 T 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.



## Turkey Black Bean Chili

### Ingredients:

1 lb 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.



## 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.

