

# ALL CHICKEN MEALS PLAN

**JANUARY 2017**

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# 1. Stovetop Chicken Cacciatore

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 30 minutes*

*Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.*

**\*\*** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

## Ingredients for Single Meal

- 1 Tbsp olive oil
- 3 large boneless chicken breasts
- Salt and pepper
- 1/4 cup(s) red cooking wine
- 1 small white onion(s)
- 1 green bell pepper(s)
- 1 red bell pepper(s)
- 1 x 28 oz. can(s) crushed tomatoes
- 2 tsp Italian seasoning
- Side: box(es) pasta\*\*
- Side: salad\*\*
- 1 gallon-size freezer baggie(s)

## Cooking Directions for Single Meal

1. Slice the onion. Seed and slice the bell peppers.
2. Sauté the chicken breasts in the olive oil for 2 to 3 minutes per side in a large saucepan or Dutch oven. Season with salt and pepper, then pour in the red cooking wine around the chicken. Add the sliced onion and bell peppers over the top of the chicken. Then pour the crushed tomatoes over the top and add Italian seasoning.
3. Reduce heat to low and let simmer for 10 to 15 minutes.
4. Cook the pasta, as directed.
5. Prepare the salad.
6. Serve Stovetop Chicken Cacciatore over pasta with salad.

## Assembly Prep Directions for 2 Meals

Slice 2 small white onions. Seed and slice 2 green and 2 red bell peppers.

Open 2 cans of crushed tomatoes.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 3 large boneless chicken breasts
- Salt and pepper
- 1/4 cup red cooking wine
- Half of the sliced onions
- Half of the sliced red and green bell peppers
- Half of the canned crushed tomatoes
- 2 tsp Italian seasoning

Remove as much air as possible and seal. Add label to baggie and freeze.

**Freeze & Thaw Instructions:** Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before adding olive oil to saucepan or Dutch oven and cooking all ingredients together for 15 minutes, or until chicken is cooked through.

**Dairy-Free Modifications:** Recipe is dairy-free when served with dairy-free sides.

**Gluten-Free Modifications:** Recipe is gluten-free when served with gluten-free pasta.

## 2. Baked BBQ Chicken Sandwiches

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 10 minutes*

*Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.*

**\*\*** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

### Ingredients for Single Meal

- 2 cup(s) shredded rotisserie chicken
- 1/2 small red onion(s)
- 1 cup(s) BBQ sauce
- 1 cup(s) shredded white cheddar cheese
- 2 Tbsp butter
- 1 tsp minced garlic
- 12 small Hawaiian rolls
- Side: chips\*\*
- Side: Tbsp veggies\*\*
- 1 9x13 disposable foil tray

### Cooking Directions for Single Meal

1. Preheat the oven to 400 F. Place the bottoms of the Hawaiian rolls into a baking dish.
2. Finely chop the red onion.
3. In a small mixing bowl, toss together the rotisserie chicken, red onion and BBQ sauce. Spoon onto the bottoms of the rolls in the baking dish, top with shredded cheese, then add tops of the Hawaiian rolls.
4. Melt the butter and stir into the minced garlic. Brush on top of the sandwiches. Bake in the preheated oven for 8 to 10 minutes, or until cheese has melted.
5. Prepare the veggies.
6. Serve Baked BBQ Chicken Sandwiches with veggies and chips.

### Assembly Prep Directions for 2 Meals

Finely chop 1 red onion.

In a small mixing bowl, toss together 4 cups rotisserie chicken, 1 chopped red onion and 2 cups BBQ sauce.

Melt 4 Tbsp butter and stir in 2 tsp minced garlic.

To each disposable tray, add the following ingredients:

- Bottoms of the Hawaiian rolls
- Half of the BBQ Chicken mixture
- 1 cup shredded white cheddar cheese
- Tops of the Hawaiian rolls
- Melted butter and garlic, brushed on top.

Cover with foil or lid, add label and freeze.

**Freeze & Thaw Instructions:** Put tray in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm shallow dish of water for about 20 minutes, before transferring to the oven and baking as directed. If baking from partially frozen, please leave foil over the sandwiches and bake as long as needed to defrost and reheat.

**Dairy-Free Modifications:** Omit the shredded cheese for dairy-free sandwiches.

**Gluten-Free Modifications:** Unfortunately, there is not a great gluten-free option for these sandwiches.

## 3. Sour Cream Chicken Enchiladas

*Yield: 4 servings*

*Active Time: 15 minutes . Cook Time: 20 minutes*

*Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.*

**\*\*** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

### Ingredients for Single Meal

- 1 1/2 cup(s) sour cream
- 1 x 7 oz. can(s) green chiles
- 1/2 cup(s) chicken broth
- 2 cup(s) shredded rotisserie chicken
- 1 tsp garlic powder
- Salt and pepper
- 12 flour tortillas
- 2 cup(s) shredded pepper jack cheese
- Side: veggies\*\*
- 1 9x13 disposable foil tray

### Cooking Directions for Single Meal

1. Preheat the oven to 350 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
2. Open the can of green chilies.
3. In large mixing bowl, combine the sour cream, green chiles and chicken broth. Stir in the garlic powder, salt and pepper to taste. Scoop out 1 cup of the sour cream sauce and set aside.
4. Stir in the rotisserie chicken. Then spoon sour cream-chicken mixture into the flour tortillas. Nestle each enchilada in the prepared baking dish, seam side down. Assemble all the enchiladas into the baking dish (10 to 12 enchiladas should fit cozy in the baking dish).
5. Pour the reserved sour cream sauce over the top. Then top with shredded Pepper Jack cheese.
6. Bake in the preheated oven for 15 to 20 minutes, or until cheese has melted on top.
7. Prepare veggies.
8. Serve Sour Cream Chicken Enchiladas with veggies.

### Assembly Prep Directions for 2 Meals

Open 2 cans green chilies.

In large mixing bowl, combine 3 cups sour cream, 2 cans green chiles and 1 cup of chicken broth. Stir in the garlic powder, salt and pepper to taste. Scoop out 1 cup of the sour cream sauce and set aside.

Stir in the 4 cups shredded rotisserie chicken. Then spoon sour cream-chicken mixture into the flour tortillas.

To each disposable tray, layer the following ingredients:

- 12 enchiladas, nestled snugly
- Reserved sour cream sauce
- 2 cups shredded Pepper Jack cheese

Cover with foil or lid, add label and freeze.

**Freeze & Thaw Instructions:** Put tray in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm shallow dish of water for about 20 minutes, before transferring to the oven and baking as directed.

**Dairy-Free Modifications:** Unfortunately, there isn't a great dairy-free option for this meal.

**Gluten-Free Modifications:** Use corn tortillas to make this a gluten-free meal.

## 4. Slow Cooker Spinach Artichoke Chicken

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 8 hours in slow cooker*

*Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.*

**\*\*** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

### Ingredients for Single Meal

- 4 small boneless chicken breasts
- 1 tsp garlic powder
- Salt and pepper
- 1 cup(s) Parmesan cheese
- 2 cup(s) shredded mozzarella cheese
- 1 x 10 oz. box(es) frozen spinach
- 8 oz. cream cheese
- 15 oz. can(s) artichoke hearts
- Side: salad\*\*
- 1 gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Warm and drain the spinach. Cut the cream cheese into small cubes.
2. Open and drain the quartered artichoke hearts.
3. Place the chicken breasts into the base of the slow cooker and season with garlic powder, salt and pepper.
4. In a small mixing bowl, combine the Parmesan cheese, mozzarella cheese, drained spinach, cream cheese cubes, and quartered artichokes. Spread the cheesy mixture over the chicken in the slow cooker.
5. Set the slow cooker on low and cook for 8 hours.
6. Prepare the salad.
7. Serve Slow Cooker Spinach Artichoke Chicken with side salad.

### Assembly Prep Directions for 2 Meals

Warm and drain 20 oz. of spinach.

Cut up 2 - 8 oz. blocks cream cheese into small cubes.

Open and drain 2 cans of quartered artichoke hearts.

In a small mixing bowl, combine 2 cups Parmesan cheese, 4 cups mozzarella cheese, the drained spinach, the cream cheese cubes, and the quartered artichoke hearts.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 small boneless chicken breasts
- 1 tsp garlic powder
- Salt and pepper
- Half of the cheesy mixture into each bag

Remove as much air as possible and seal. Add label to baggie and freeze.

**Freeze & Thaw Instructions:** Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours.

**Dairy-Free Modifications:** Unfortunately, there is not a great dairy-free option for this meal.

**Gluten-Free Modifications:** Recipe is gluten-free when served with gluten-free sides.

## 5. Buffalo Chicken Chili

*Yield: 4 servings*

*Active Time: 15 minutes . Cook Time: 30 minutes*

*Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.*

**\*\*** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

### Ingredients for Single Meal

- 2 large boneless chicken breasts
- 2 celery stalk(s)
- 1 x 15 oz. can(s) black beans
- 1 x 15 oz. can(s) diced tomatoes
- 1 x 8 oz. can(s) tomato sauce
- 1 cup(s) chicken broth
- 2 Tbsp red hot pepper sauce
- 1 tsp minced garlic
- Salt and pepper
- Garnish: blue cheese crumbles\*\*
- Side: salad\*\*
- Side: dinner rolls\*\*
- 1 gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Cut the chicken breasts into bite-size pieces.
2. Chop the celery.
3. Open the cans of diced tomatoes and tomato sauce. Open, drain, and rinse the black beans.
4. In a large saucepan, add the diced chicken, chopped celery, black beans, diced tomatoes, tomato sauce, chicken broth, hot sauce, and minced garlic.
5. Bring to bubbling, then reduce heat and cover. Cook for 5 to 10 minutes, or until chicken has cooked through. Season with salt and pepper to taste.
6. Prepare the salad.
7. Warm the dinner rolls.
8. Ladle into serving bowls and add pinch of crumbled blue cheese to each bowl. Add more hot sauce to taste.
9. Serve Buffalo Chicken Chili with salad and dinner rolls.

### Assembly Prep Directions for 2 Meals

Cut the 4 chicken breasts into bite-size pieces.

Chop 4 celery stalks.

Open the 2 cans of diced tomatoes and 2 cans of tomato sauce. Open, drain, and rinse 2 cans of black beans.

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the diced chicken
- Half of the chopped celery
- 1 - 15 oz. can black beans
- 1 - 15 oz. can diced tomatoes
- 1 - 8 oz. can tomato sauce
- 1 cup chicken broth
- 2 Tbsp red hot pepper sauce
- 1 tsp minced garlic

Remove as much air as possible and seal. Add label to baggie and freeze.

**Freeze & Thaw Instructions:** Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring all of the contents of the baggie into large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes, or until chicken is cooked through.

**Dairy-Free Modifications:** Omit the blue cheese garnish for dairy-free meal.

**Gluten-Free Modifications:** Recipe is gluten-free when served with gluten-free sides.

# Complete Shopping List by Recipe

## 1. Stovetop Chicken Cacciatore

- ☐ 2 Tbsp olive oil
- ☐ 6 large boneless chicken breasts
- ☐ Salt and pepper
- ☐ 1/2 cup(s) red cooking wine
- ☐ 2 small white onion(s)
- ☐ 2 green bell pepper(s)
- ☐ 2 red bell pepper(s)
- ☐ 2x28 oz. can(s) crushed tomatoes
- ☐ 4 tsp Italian seasoning
- ☐ box(es) pasta
- ☐ salad
- ☐ 2 gallon-size freezer baggie(s)

## 3. Sour Cream Chicken Enchiladas

- ☐ 3 cup(s) sour cream
- ☐ 2x7 oz. can(s) green chiles
- ☐ 1 cup(s) chicken broth
- ☐ 4 cup(s) shredded rotisserie chicken
- ☐ 2 tsp garlic powder
- ☐ Salt and pepper
- ☐ 24 flour tortillas
- ☐ 4 cup(s) shredded pepper jack cheese
- ☐ veggies
- ☐ 2 9x13 disposable foil tray

## 5. Buffalo Chicken Chili

- ☐ 4 large boneless chicken breasts
- ☐ 4 celery stalk(s)
- ☐ 2x15 oz. can(s) black beans
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 2x8 oz. can(s) tomato sauce
- ☐ 2 cup(s) chicken broth
- ☐ 4 Tbsp red hot pepper sauce
- ☐ 2 tsp minced garlic
- ☐ Salt and pepper
- ☐ blue cheese crumbles
- ☐ salad
- ☐ dinner rolls

## 2. Baked BBQ Chicken Sandwiches

- ☐ 4 cup(s) shredded rotisserie chicken
- ☐ 1 small red onion(s)
- ☐ 2 cup(s) BBQ sauce
- ☐ 2 cup(s) shredded white cheddar cheese
- ☐ 4 Tbsp butter
- ☐ 2 tsp minced garlic
- ☐ 24 small Hawaiian rolls
- ☐ chips
- ☐ Tbsp veggies
- ☐ 2 9x13 disposable foil tray

## 4. Slow Cooker Spinach Artichoke Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 2 tsp garlic powder
- ☐ Salt and pepper
- ☐ 1 cup(s) Parmesan cheese
- ☐ 4 cup(s) shredded mozzarella cheese
- ☐ 2x10 oz. box(es) frozen spinach
- ☐ 16 oz. cream cheese
- ☐ 30 oz. can(s) artichoke hearts
- ☐ salad
- ☐ 2 gallon-size freezer baggie(s)

☐ 2 gallon-size freezer baggie(s)



# Complete Shopping List by Store Section/Category

## Meat

- ☐ 10 large boneless chicken breasts
- ☐ 8 cup(s) shredded rotisserie chicken
- ☐ 8 small boneless chicken breasts

## Pantry Staples - Canned, Boxed

- ☐ 2x28 oz. can(s) crushed tomatoes
- ☐ **Side:** box(es) pasta
- ☐ 2x7 oz. can(s) green chiles
- ☐ 3 cup(s) chicken broth
- ☐ 30 oz. can(s) artichoke hearts
- ☐ 2x15 oz. can(s) black beans
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 2x8 oz. can(s) tomato sauce

## Sauces/Condiments

- ☐ 2 Tbsp olive oil
- ☐ 1 cup(s) red cooking wine
- ☐ 2 cup(s) BBQ sauce
- ☐ 4 Tbsp red hot pepper sauce

## Dairy/Frozen

- ☐ 2 cup(s) shredded white cheddar cheese
- ☐ 4 Tbsp butter
- ☐ 3 cup(s) sour cream
- ☐ 4 cup(s) shredded pepper jack cheese
- ☐ **Side:** 1 cup(s) Parmesan cheese
- ☐ 4 cup(s) shredded mozzarella cheese
- ☐ 2x10 oz. box(es) frozen spinach
- ☐ 16 oz. cream cheese
- ☐ **Garnish:** blue cheese crumbles

## Produce

- ☐ 2 small white onion(s)
- ☐ 2 green bell pepper(s)
- ☐ 2 red bell pepper(s)
- ☐ **Side:** salad
- ☐ 1 small red onion(s)
- ☐ **Side:** Tbsp veggies
- ☐ **Side:** veggies
- ☐ 4 celery stalk(s)

## Starchy Sides

- ☐ **Side:** chips
- ☐ 24 flour tortillas
- ☐ **Side:** dinner rolls

## Spices

- ☐ Salt and pepper
- ☐ 4 tsp Italian seasoning
- ☐ 4 tsp minced garlic
- ☐ 4 tsp garlic powder

## Supplies

- ☐ **Side:** 6 gallon-size freezer baggie(s)
- ☐ 24 small Hawaiian rolls
- ☐ **Side:** 4 9x13 disposable foil tray

# Freezer Meal Prep Day Shopping List by Recipe

**Note:** This shopping list doesn't include any side dish items like rice, dinner rolls, veggies or salad.

**\*\*In addition to a shopping list for prep day, this list could be used to help you organize ingredients on your counter before you begin preparing the meals for the freezer.**

## 1. Stovetop Chicken Cacciatore

- ☐ 2 Tbsp olive oil
- ☐ 6 large boneless chicken breasts
- ☐ Salt and pepper
- ☐ 1/2 cup(s) red cooking wine
- ☐ 2 small white onion(s)
- ☐ 2 green bell pepper(s)
- ☐ 2 red bell pepper(s)
- ☐ 2x28 oz. can(s) crushed tomatoes
- ☐ 4 tsp Italian seasoning
- ☐ 2 gallon-size freezer baggie(s)

## 3. Sour Cream Chicken Enchiladas

- ☐ 3 cup(s) sour cream
- ☐ 2x7 oz. can(s) green chiles
- ☐ 1 cup(s) chicken broth
- ☐ 4 cup(s) shredded rotisserie chicken
- ☐ 2 tsp garlic powder
- ☐ Salt and pepper
- ☐ 24 flour tortillas
- ☐ 4 cup(s) shredded pepper jack cheese
- ☐ 2 9x13 disposable foil tray

## 5. Buffalo Chicken Chili

- ☐ 4 large boneless chicken breasts
- ☐ 4 celery stalk(s)
- ☐ 2x15 oz. can(s) black beans
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 2x8 oz. can(s) tomato sauce
- ☐ 2 cup(s) chicken broth
- ☐ 4 Tbsp red hot pepper sauce
- ☐ 2 tsp minced garlic
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

## 2. Baked BBQ Chicken Sandwiches

- ☐ 4 cup(s) shredded rotisserie chicken
- ☐ 1 small red onion(s)
- ☐ 2 cup(s) BBQ sauce
- ☐ 2 cup(s) shredded white cheddar cheese
- ☐ 4 Tbsp butter
- ☐ 2 tsp minced garlic
- ☐ 24 small Hawaiian rolls
- ☐ 2 9x13 disposable foil tray

## 4. Slow Cooker Spinach Artichoke Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 2 tsp garlic powder
- ☐ Salt and pepper
- ☐ 4 cup(s) shredded mozzarella cheese
- ☐ 2x10 oz. box(es) frozen spinach
- ☐ 16 oz. cream cheese
- ☐ 30 oz. can(s) artichoke hearts
- ☐ 2 gallon-size freezer baggie(s)

# Freezer Meal Prep Day Shopping List by Store Section/Category

**Note:** This shopping list doesn't include any side dish items like fruit, dinner rolls, veggies or salad.

## Meat

- ☐ 10 large boneless chicken breasts
- ☐ 8 cup(s) shredded rotisserie chicken
- ☐ 8 small boneless chicken breasts

## Pantry Staples - Canned, Boxed

- ☐ 2x28 oz. can(s) crushed tomatoes
- ☐ 2x7 oz. can(s) green chiles
- ☐ 3 cup(s) chicken broth
- ☐ 30 oz. can(s) artichoke hearts
- ☐ 2x15 oz. can(s) black beans
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 2x8 oz. can(s) tomato sauce

## Sauces/Condiments

- ☐ 2 Tbsp olive oil
- ☐ 1 cup(s) red cooking wine
- ☐ 2 cup(s) BBQ sauce
- ☐ 4 Tbsp red hot pepper sauce

## Dairy/Frozen

- ☐ 2 cup(s) shredded white cheddar cheese
- ☐ 4 Tbsp butter
- ☐ 3 cup(s) sour cream
- ☐ 4 cup(s) shredded pepper jack cheese
- ☐ 2x cup(s) Parmesan cheese
- ☐ 4 cup(s) shredded mozzarella cheese
- ☐ 2x10 oz. box(es) frozen spinach
- ☐ 16 oz. cream cheese

## Produce

- ☐ 2 small white onion(s)
- ☐ 2 green bell pepper(s)
- ☐ 2 red bell pepper(s)
- ☐ 1 small red onion(s)
- ☐ 4 celery stalk(s)

## Starchy Sides

- ☐ 24 flour tortillas

## Spices

- ☐ Salt and pepper
- ☐ 4 tsp Italian seasoning
- ☐ 4 tsp minced garlic
- ☐ 4 tsp garlic powder

## Supplies

- ☐ 6x gallon-size freezer baggie(s)
- ☐ 24 small Hawaiian rolls
- ☐ 4x 9x13 disposable foil tray

## Meal Assembly Instructions

- ☐ Label your bags/foil with printable labels or sharpie.
- ☐ Pull out all the ingredients into a central location or into stations.

## Pre-Cook & Chop Instructions

- ☐ Slice 2 small white onions. Seed and slice 2 green and 2 red bell peppers.
- ☐ Open 2 cans of crushed tomatoes.
- ☐ Finely chop 1 red onion.
- ☐ In a small mixing bowl, toss together 4 cups rotisserie chicken, 1 chopped red onion and 2 cups BBQ sauce.
- ☐ Melt 4 Tbsp butter and stir in 2 tsp minced garlic.
- ☐ Open 2 cans green chilies.
- ☐ In large mixing bowl, combine 3 cups sour cream, 2 cans green chiles and 1 cup of chicken broth. Stir in the garlic powder, salt and pepper to taste. Scoop out 1 cup of the sour cream sauce and set aside.
- ☐ Stir in the 4 cups shredded rotisserie chicken. Then spoon sour cream-chicken mixture into the flour tortillas.
- ☐ Warm and drain 20 oz. of spinach.
- ☐ Cut up 2 - 8 oz. blocks cream cheese into small cubes.
- ☐ Open and drain 2 cans of quartered artichoke hearts.
- ☐ In a small mixing bowl, combine 2 cups Parmesan cheese, 4 cups mozzarella cheese, the drained spinach, the cream cheese cubes, and the quartered artichoke hearts.
- ☐ Cut the 4 chicken breasts into bite-size pieces.
- ☐ Chop 4 celery stalks.
- ☐ Open the 2 cans of diced tomatoes and 2 cans of tomato sauce. Open, drain, and rinse 2 cans of black beans.

*The Assembly Prep should take between 30 to 35 minutes.*

## Assembly by Recipe (Set Out on the Counter)

If you prefer to load your freezer baggies and trays one recipe at a time, you can follow the below instructions.

### Stovetop Chicken Cacciatore

To each gallon-size plastic freezer baggie, add the following ingredients:

- 3 large boneless chicken breasts
- Salt and pepper
- 1/4 cup red cooking wine
- Half of the sliced onions
- Half of the sliced red and green bell peppers
- Half of the canned crushed tomatoes
- 2 tsp Italian seasoning

Remove as much air as possible and seal. Add label to baggie and freeze.

### Sour Cream Chicken Enchiladas

To each disposable tray, layer the following ingredients:

- 12 enchiladas, nestled snugly
- Reserved sour cream sauce
- 2 cups shredded Pepper Jack cheese

Cover with foil or lid, add label and freeze.

### Buffalo Chicken Chili

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the diced chicken
- Half of the chopped celery
- 1 - 15 oz. can black beans
- 1 - 15 oz. can diced tomatoes
- 1 - 8 oz. can tomato sauce
- 1 cup chicken broth
- 2 Tbsp red hot pepper sauce
- 1 tsp minced garlic

Remove as much air as possible and seal. Add label to

### Baked BBQ Chicken Sandwiches

To each disposable tray, add the following ingredients:

- Bottoms of the Hawaiian rolls
- Half of the BBQ Chicken mixture
- 1 cup shredded white cheddar cheese
- Tops of the Hawaiian rolls
- Melted butter and garlic, brushed on top.

Cover with foil or lid, add label and freeze.

### Slow Cooker Spinach Artichoke Chicken

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 small boneless chicken breasts
- 1 tsp garlic powder
- Salt and pepper
- Half of the cheesy mixture into each bag

Remove as much air as possible and seal. Add label to baggie and freeze.

baggie and freeze.