

ALL CHICKEN MEALS PLAN

MARCH 2017

Table of Contents

Recipes

1. Slow Cooker Chicken Cacciatore
2. Thai Peanut Chicken
3. Chicken Pesto Tortellini Skillet
4. Cashew & Curry Chicken Wraps
5. Slow Cooker Chicken and Mushroom Stroganoff

Shopping Lists

- Complete Shopping List by Recipe
- Complete Shopping List by Store Section/Category
- Freezer Meal Prep Day Shopping List by Recipe
- Freezer Meal Prep Day Shopping List by Store Section/Category

Assembly of Meals

- Assembly Prep Instructions
- Meal Assembly Instructions

1. Slow Cooker Chicken Cacciatore

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 8 hours

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

- 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)
- 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. Place the chicken breasts in the base of the slow cooker and season with salt and pepper. Add 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. Set slow cooker on low and cook for 8 hours.
4. Cook the pasta, as directed.
5. Prepare the salad.
6. Serve Slow Cooker 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 transferring to the slow cooker and cooking on low for 8 hours.*

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. Thai Peanut Chicken

Yield: 4 servings

Active Time: 10 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

- 4 - small boneless chicken breasts
- 1 - Tbsp olive oil
- - Salt and pepper
- 1 - small white onion(s)
- 1 - red bell pepper(s)
- 1 - cup(s) Thai peanut sauce
- Garnish: - sesame seeds and green onions**
- Garnish: - chopped peanuts**
- Side: - rice**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Dice the white onion. Seed and dice the red bell pepper.
2. In a large skillet, brown the chicken on both sides, then toss in the onion and bell pepper and saute until translucent. Pour the Thai peanut sauce over the top, reduce heat to low and simmer for 5 to 10 minutes, or until chicken is cooked through. Remove from heat, until ready to serve.
3. Cook the rice as directed.
4. Prepare the veggies and garnishes.
5. Serve Thai Peanut Chicken over rice with garnishes and a side of veggies.

Assembly Prep Directions for 2 Meals

Dice 2 small white onions.

Seed and dice 2 red bell peppers.

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

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the diced onion
- Half of the diced bell peppers
- 1 cup Thai peanut sauce

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 in the baggie to a skillet and cooking over medium low heat for 15 to 18 minutes, until the veggies are softened and the chicken is cooked through. If needed, add 1/4 to 1/2 cup water or chicken stock to keep sauce from thickening too much.*

Special Notes: *Look for Thai Peanut sauce on the Asian aisle at your grocery store.*

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

Gluten-Free Modifications: *Check the Thai Peanut sauce for hidden gluten, otherwise this recipe is gluten free.*

3. Chicken Pesto Tortellini Skillet

Yield: 4 servings

Active Time: 10 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

- 2 - large boneless chicken breasts
- 1 - Tbsp olive oil
- 1 - red bell pepper(s)
- 1/2 - cup(s) white cooking wine
- 1 - cup(s) chicken stock
- 1 - cup(s) pesto sauce
- 20 - oz. fresh or frozen tortellini
- 2 - cup(s) heavy cream**
- - Salt and pepper
- Garnish: - Parmesan cheese**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cut the chicken breasts into bite-size pieces.
2. Seed and finely chop the red bell pepper.
3. In a large skillet, add the olive oil and saute the chicken pieces for 2 to 3 minutes. Stir in the chopped red bell peppers, white wine, and chicken stock and bring to bubbling. Stir in the pesto and heavy cream, until thin sauce forms. Then float in the tortellini.
4. Cover with lid, reduce heat to low and let simmer for 10 to 15 minutes, or until chicken is cooked through and tortellini softened.
5. Prepare the salad.
6. Serve Chicken Pesto Tortellini Skillet with Parmesan cheese garnish and side salad.

Assembly Prep Directions for 2 Meals

Cut 4 chicken breasts into bite-size pieces.

Seed and finely chop 2 red bell peppers.

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

- Half of the chicken breast pieces
- Half of the chopped red bell peppers
- 1/2 cup white cooking wine
- 1 cup chicken stock
- 1 cup pesto
- 20 oz. fresh or frozen tortellini
- Do NOT add heavy cream to freezer 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. Transfer all of the content from the freezer bag to large skillet or saucepan, start to cook over medium low heat. Once the sauce begins to bubble, swirl in the heavy cream, cover with lid and let simmer on low for 10 to 15 minutes, or until chicken is cooked and tortellini is softened. Stir often.*

Special Notes: *Use your preferred variety of tortellini. If cooking from partially frozen, you might need to add 5 minutes to the cooking time and 1/4 to 1/2 cup additional water or chicken stock.*

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

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

4. Cashew & Curry Chicken Wraps

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

- 3 - cup(s) shredded rotisserie chicken
- 1 - cup(s) can(s) light coconut milk
- 2 - Tbsp green curry paste
- 1 - Tbsp chopped cilantro
- 4 - flour tortillas**
- Garnish: - chopped cashews**
- Garnish: - coleslaw**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the can of light coconut milk.
2. In a small mixing bowl, toss the shredded rotisserie chicken with the coconut milk, curry paste and chopped cilantro. *Refrigerate and let marinate for at least 30 minutes.
3. In a small skillet, heat up the chicken and curry mixture over low heat for 8 to 10 minutes, or until simmering. Strain off extra liquid, if necessary.
4. Assemble wraps with the flour tortillas, adding in the curried chicken, chopped cashews and Coleslaw.
5. Prepare the fruit.
6. Serve Cashew & Curry Chicken Wraps with fruit.

Assembly Prep Directions for 2 Meals

Shake the can(s) of coconut milk well and then open. If it is separated, warm it over low heat for a few minutes and whisk until smooth.

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

- 3 cups shredded rotisserie chicken
- 1 cup light coconut milk
- 2 Tbsp green curry paste
- 1 Tbsp chopped cilantro

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 skillet to reheat and then spoon the filling into wraps with the garnishes.*

Special Notes: *Flour tortillas can be frozen in the bag they come in from the store. If you wish to freeze the tortillas with the filling, just make a note on the tortillas or freezer meal bag what meal they are being use for. Use lettuce cups for a gluten free and grain free meal.*

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

Gluten-Free Modifications: *Unfortunately, there is not a great gluten-free option for the flour tortillas in this meal. You could serve the chicken filling over rice or in lettuce cups, instead of as a wrap.*

5. Slow Cooker Chicken and Mushroom Stroganoff

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 - Tbsp minced onion
- 1 - tsp onion powder
- 1 - tsp garlic powder
- 1/2 - tsp paprika
- 10 - oz. can(s) cream of mushroom soup
- 8 - oz. can(s) sliced mushrooms
- 8 - oz. cream cheese**
- - Salt and pepper
- Garnish: - chopped parsley**
- 1 x Side: - box(es) egg noodles**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. To the slow cooker insert, add the chicken breasts, minced onion, onion powder, garlic powder, paprika, cream of mushroom soup, and sliced mushrooms. Set the slow cooker on low and cook for 8 hours.
2. Just before serving, stir the softened cream cheese into the chicken mixture, and shred the chicken with 2 forks. Season with salt and pepper to taste.
3. Cook the egg noodles, as directed.
4. Prepare veggies.
5. Serve Slow Cooker Chicken and Mushroom Stroganoff over egg noodles with veggies.

Assembly Prep Directions for 2 Meals

Open the can(s) of cream of mushroom soup.

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

- 4 small boneless chicken breasts
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 cup chicken broth
- 1 tsp paprika
- 1 - 10 oz. can cream of mushroom soup

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. Just before serving, stir in 8 oz. of cream cheese.*

Special Notes: *If you wish to make your own cream of mushroom soup, visit 5dollarinnings.com and search "homemade cream of mushroom sauce."*

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

Gluten-Free Modifications: *Recipe is gluten-free when served over gluten-free pasta and homemade cream of mushroom sauce.*

Complete Shopping List by Recipe

1. Slow Cooker Chicken Cacciatore

- 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. Chicken Pesto Tortellini Skillet

- 4 - large boneless chicken breasts
- 2 - Tbsp olive oil
- 2 - red bell pepper(s)
- 1 - cup(s) white cooking wine
- 2 - cup(s) chicken stock
- 2 - cup(s) pesto sauce
- 40 - oz. fresh or frozen tortellini
- 4 - cup(s) heavy cream
- Salt and pepper
- Parmesan cheese
- salad
- 2 - gallon-size freezer baggie(s)

5. Slow Cooker Chicken and Mushroom Stroganoff

- 8 - small boneless chicken breasts
- 2 - Tbsp minced onion
- 2 - tsp onion powder
- 2 - tsp garlic powder
- 1 - tsp paprika
- 2x10 - oz. can(s) cream of mushroom soup
- 2x8 - oz. can(s) sliced mushrooms
- 16 - oz. cream cheese
- Salt and pepper
- chopped parsley
- 2xSide: - box(es) egg noodles

2. Thai Peanut Chicken

- 8 - small boneless chicken breasts
- 2 - Tbsp olive oil
- Salt and pepper
- 2 - small white onion(s)
- 2 - red bell pepper(s)
- 2 - cup(s) Thai peanut sauce
- sesame seeds and green onions
- chopped peanuts
- rice
- veggies
- 2 - gallon-size freezer baggie(s)

4. Cashew & Curry Chicken Wraps

- 6 - cup(s) shredded rotisserie chicken
- 2x1 - cup(s) can(s) light coconut milk
- 4 - Tbsp green curry paste
- 2 - Tbsp chopped cilantro
- 8 - flour tortillas
- chopped cashews
- coleslaw
- fruit
- 2 - gallon-size freezer baggie(s)

- veggies

2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 10 large boneless chicken breasts
- 16 small boneless chicken breasts
- 6 cup(s) shredded rotisserie chicken

Pantry Staples - Canned, Boxed

- 2x28 oz. can(s) crushed tomatoes
- Side:** box(es) pasta
- Side:** chopped peanuts
- Side:** rice
- 2 cup(s) chicken stock
- 2x1 cup(s) can(s) light coconut milk
- 2x10 oz. can(s) cream of mushroom soup
- 2x8 oz. can(s) sliced mushrooms
- 2xSide: box(es) egg noodles

Sauces/Condiments

- 1 cup(s) red cooking wine
- 4 Tbsp olive oil
- 2 cup(s) Thai peanut sauce
- 1 cup(s) white cooking wine
- 4 Tbsp green curry paste

Dairy/Frozen

- 2 cup(s) pesto sauce
- 40 oz. fresh or frozen tortellini
- 4 cup(s) heavy cream
- Side:** Parmesan cheese
- 16 oz. cream cheese

Produce

- 4 small white onion(s)
- 2 green bell pepper(s)
- 6 red bell pepper(s)
- Side:** salad
- Garnish:** sesame seeds and green onions
- Side:** veggies
- 2 Tbsp chopped cilantro
- Garnish:** chopped cashews
- Garnish:** coleslaw
- Side:** fruit
- Garnish:** chopped parsley

Starchy Sides

- 8 flour tortillas

Spices

- Salt and pepper
- 4 tsp Italian seasoning
- 2 Tbsp minced onion
- 2 tsp onion powder
- 2 tsp garlic powder
- 1 tsp paprika

Supplies

- Side:** 10 gallon-size freezer baggie(s)

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. Slow Cooker Chicken Cacciatore

- 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. Chicken Pesto Tortellini Skillet

- 4 large boneless chicken breasts
- 2 Tbsp olive oil
- 2 red bell pepper(s)
- 1 cup(s) white cooking wine
- 2 cup(s) chicken stock
- 2 cup(s) pesto sauce
- 40 oz. fresh or frozen tortellini
- Salt and pepper
- 2 gallon-size freezer baggie(s)

5. Slow Cooker Chicken and Mushroom Stroganoff

- 8 small boneless chicken breasts
- 2 Tbsp minced onion
- 2 tsp onion powder
- 2 tsp garlic powder
- 1 tsp paprika
- 2x10 oz. can(s) cream of mushroom soup
- 2x8 oz. can(s) sliced mushrooms
- Salt and pepper
- 2 gallon-size freezer baggie(s)

2. Thai Peanut Chicken

- 8 small boneless chicken breasts
- 2 Tbsp olive oil
- Salt and pepper
- 2 small white onion(s)
- 2 red bell pepper(s)
- 2 cup(s) Thai peanut sauce
- 2 gallon-size freezer baggie(s)

4. Cashew & Curry Chicken Wraps

- 6 cup(s) shredded rotisserie chicken
- 2x1 cup(s) can(s) light coconut milk
- 4 Tbsp green curry paste
- 2 Tbsp chopped cilantro
- 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
- 16 small boneless chicken breasts
- 6 cup(s) shredded rotisserie chicken

Pantry Staples - Canned, Boxed

- 2x28 oz. can(s) crushed tomatoes
- 2 cup(s) chicken stock
- 2x1 cup(s) can(s) light coconut milk
- 2x10 oz. can(s) cream of mushroom soup
- 2x8 oz. can(s) sliced mushrooms

Spices

- Salt and pepper
- 4 tsp Italian seasoning
- 2 Tbsp minced onion
- 2 tsp onion powder
- 2 tsp garlic powder
- 1 tsp paprika

Supplies

- 10x gallon-size freezer baggie(s)

Produce

- 4 small white onion(s)
- 2 green bell pepper(s)
- 6 red bell pepper(s)
- 2 Tbsp chopped cilantro

Sauces/Condiments

- 1 cup(s) red cooking wine
- 4 Tbsp olive oil
- 2 cup(s) Thai peanut sauce
- 1 cup(s) white cooking wine
- 4 Tbsp green curry paste

Dairy/Frozen

- 2 cup(s) pesto sauce
- 40 oz. fresh or frozen tortellini

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.
- Dice 2 small white onions.
- Seed and dice 2 red bell peppers.
- Cut 4 chicken breasts into bite-size pieces.
- Seed and finely chop 2 red bell peppers.
- Shake the can(s) of coconut milk well and then open. If it is separated, warm it over low heat for a few minutes and whisk until smooth.
- Open the can(s) of cream of mushroom soup.

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.

Slow Cooker 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.

Chicken Pesto Tortellini Skillet

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

- Half of the chicken breast pieces
- Half of the chopped red bell peppers
- 1/2 cup white cooking wine
- 1 cup chicken stock
- 1 cup pesto
- 20 oz. fresh or frozen tortellini
- Do NOT add heavy cream to freezer bag.

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

Slow Cooker Chicken and Mushroom

Stroganoff

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

- 4 small boneless chicken breasts
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 cup chicken broth
- 1 tsp paprika

Thai Peanut Chicken

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

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the diced onion
- Half of the diced bell peppers
- 1 cup Thai peanut sauce

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

Cashew & Curry Chicken Wraps

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

- 3 cups shredded rotisserie chicken
- 1 cup light coconut milk
- 2 Tbsp green curry paste
- 1 Tbsp chopped cilantro

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

- 1 - 10 oz. can cream of mushroom soup

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