

SLOW COOKER MEAL PLAN

MARCH 2017

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1. Slow Cooker Layered Enchiladas {Filling}

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 4 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

- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 15 - oz. can(s) black beans
- 10 - oz. can(s) red enchilada sauce
- 4 - oz. can(s) diced green chilies
- 1 - cup(s) red salsa
- 2 - Tbsp chili powder
- 1 - tsp ground cumin
- - Salt and pepper
- 8 - flour tortillas**
- 2 - cup(s) shredded cheddar cheese**
- Garnish: - avocado(s)**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open, drain, and rinse the black beans. Open the cans of enchilada sauce and green chilies.
2. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the stove. Stir in the black beans, enchilada sauce, green chilies, red salsa, chili powder, ground cumin and salt and pepper.
3. Spray the slow cooker insert with non-stick cooking spray. Add 1 or 2 flour tortillas on the bottom of the slow cooker insert. Spoon half of the ground beef mixture on top, then add a third of the cheese. Repeat the tortilla, ground beef, and cheese layers. Add 1 more layer of tortillas and the remaining cheese on top.
4. Set on low and cook for 4 hours.
5. Prepare the veggies.
6. Serve Slow Cooker Layered Enchiladas with avocado garnish and veggies.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.

Open, drain and rinse 2 cans of black beans. Open 2 cans of red enchilada sauce. Open 2 cans of green chilies.

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

- Half of the browned ground beef
- 1 - 15 oz. can black beans
- 1 - 10 oz. can red enchilada sauce
- 1 - 4 oz. can green chilies
- 1 cup red salsa
- 2 Tbsp chili powder
- 1 tsp ground cumin
- Salt and pepper

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 layering the enchiladas into the slow cooker as directed.

Dairy-Free Modifications: Omit the shredded cheese in the layers for dairy-free meal.

Gluten-Free Modifications: Recipe is gluten-free when you use corn tortillas.

2. Slow Cooker Asian Wings

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

- 3 - lb(s) chicken wings
- 1 - tsp canola oil
- 2 - Tbsp sweet Thai chili sauce
- 2 - Tbsp honey
- 1/4 - cup(s) brown sugar
- 1/3 - cup(s) soy sauce
- 1 - tsp ground ginger
- 1 - tsp garlic powder
- 1/2 - tsp onion powder
- - Salt and pepper
- 2 - Tbsp cornstarch**
- Garnish: - sesame seeds and green onions**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken wings into the base of the slow cooker.
2. In a small mixing bowl, whisk together the sweet Thai chili sauce, honey, brown sugar, soy sauce, ground ginger, garlic powder and onion powder. Add a pinch of salt and pepper. Pour over the wings in the slow cooker.
3. Set the slow cooker on low and cook for 8 hours. With 30 minutes remaining in the cooking cycle, swirl in the cornstarch mixed with equal part of water and sauce will thicken as it finishes.
4. Prepare the salad.
5. Serve Slow Cooker Asian Wings with side salad.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together 4 Tbsp sweet Thai chili sauce, 4 Tbsp honey, 1/2 cup brown sugar, 2/3 cup soy sauce, 2 tsp ground ginger, 2 tsp garlic powder and 1 tsp onion powder. Add a pinch of salt and pepper.

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

- 3 lbs. chicken wings
- Half of the prepared marinade
- Do NOT add cornstarch to the freezer baggie

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. Thicken sauce with cornstarch at the end of the cooking cycle, as directed.*

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

Gluten-Free Modifications: *Recipe is gluten-free if you use gluten-free soy sauce.*

3. Slow Cooker Ropa Vieja

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

- 2 - lb(s) flank steak
- - Salt and pepper
- 1 - red bell pepper(s)
- 1 - green bell pepper(s)
- 1 - small white onion(s)
- 15 - oz. can(s) crushed tomatoes
- 1 - Tbsp apple cider vinegar
- 1 - Tbsp cumin
- 1 x 1/2 - cup(s) green olives
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Seed and slice the bell peppers. Slice the onion.
2. Place the flank steak into the base of the slow cooker and season with salt and pepper. Add the sliced bell peppers and onions, crushed tomatoes, vinegar, cumin and green olives.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the flank steak with 2 forks and mix into the sauce.
4. Cook the rice, as directed.
5. Spoon the shredded beef over rice.
6. Prepare the salad.
7. Serve Slow Cooker Ropa Vieja over rice with salad.

Assembly Prep Directions for 2 Meals

Seed and slice 2 green bell peppers and 2 red bell peppers.

Slice 2 onions.

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

- 2 lb. flank steak
- Salt and pepper
- Half of the sliced green and red bell peppers
- Half of the sliced onions
- 1 - 15 oz. can crushed tomatoes
- 1 Tbsp apple cider vinegar
- 1 Tbsp cumin
- 1/2 cup green olives

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.*

Special Notes: *If you can't find flank steak, a skirt steak or other thin cut steak will work. Serve with cauli-rice for Paleo/Whole30 meal.*

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 sides.*

4. Slow Cooker Honey Garlic 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
- 1/2 - cup(s) soy sauce
- 1/2 - cup(s) honey
- 1/4 - cup(s) teriyaki sauce
- 2 - Tbsp rice vinegar
- 1 - tsp sesame oil
- 2 - tsp minced garlic
- 1 - tsp minced onion
- 1 - tsp ground ginger
- 2 - Tbsp cornstarch**
- Garnish: - sliced green onions**
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken into the slow cooker insert. Season with salt and pepper.
2. In a small mixing bowl, whisk together the soy sauce, honey, teriyaki sauce, rice vinegar, sesame oil, minced garlic, minced onion, and ground ginger. Do NOT add the cornstarch at the start of slow cooking.
3. Set the slow cooker on low and cook for 8 hours. With 30 minutes left in the cooking cycle, shred the chicken with 2 forks. Then mix the cornstarch with the same amount of water and swirl into the sauce in the slow cooker. Stir it well, then close the lid and let the slow cooking cycle finish.
4. Cook the rice, as directed.
5. Prepare the salad.
6. Serve Slow Cooker Honey Garlic Chicken over rice with side salad.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together 1 cup soy sauce, 1 cup honey, 1/2 cup teriyaki sauce, 4 Tbsp rice vinegar, 2 tsp sesame oil, 2 tsp minced garlic, 2 tsp minced onion, and 2 tsp ground ginger.

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

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the prepared marinade
- Do NOT add the cornstarch 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, before transferring to the slow cooker and cooking on low for 8 hours. With 30 minutes left in cooking cycle, shred the chicken and swirl in the cornstarch as directed.

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

Gluten-Free Modifications: Recipe is gluten-free if you use gluten-free soy sauce.

5. Slow Cooker Cubano Sandwiches

Yield: 4 servings

Active Time: 5 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

- 2 - lb(s) pork roast
- - Salt and pepper
- 1 - cup(s) orange juice
- 1 - tsp ground cumin
- 4 - hoagie rolls**
- 8 - sandwich pickles**
- 1 - Tbsp mayonnaise**
- 1 - Tbsp Dijon mustard**
- 8 - slices ham deli meat**
- 4 - slices Swiss cheese**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the pork roast into the base of the slow cooker and season with salt and pepper. Pour the orange juice on and around the pork and season with the ground cumin.
2. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the pork with 2 forks and mix into the sauce. Strain before adding the pork to the sandwiches.
3. Assemble sandwiches by adding the shredded pork, ham, Swiss cheese with mayo and mustard onto the hoagie buns with pickles. Warm in oven or press in panini press.
4. Prepare fruit.
5. Serve Slow Cooker Cubano Sandwiches with fruit.

Assembly Prep Directions for 2 Meals

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

- 2 lb. pork roast
- Salt and pepper
- 1 cup orange juice
- 1 tsp ground cumin

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. Assemble Cubano Sandwiches as directed.*

Dairy-Free Modifications: *Omit the Swiss cheese for a dairy free meal, but know that then it's not a true Cubano sandwich.*

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

Complete Shopping List by Recipe

1. Slow Cooker Layered Enchiladas (Filling)

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2x15 - oz. can(s) black beans
- 2x10 - oz. can(s) red enchilada sauce
- 2x4 - oz. can(s) diced green chilies
- 2 - cup(s) red salsa
- 4 - Tbsp chili powder
- 2 - tsp ground cumin
- Salt and pepper
- 16 - flour tortillas
- 4 - cup(s) shredded cheddar cheese
- avocado(s)
- veggies
- 2 - gallon-size freezer baggie(s)

3. Slow Cooker Ropa Vieja

- 4 - lb(s) flank steak
- Salt and pepper
- 2 - red bell pepper(s)
- 2 - green bell pepper(s)
- 2 - small white onion(s)
- 2x15 - oz. can(s) crushed tomatoes
- 2 - Tbsp apple cider vinegar
- 2 - Tbsp cumin
- 2x1/2 - cup(s) green olives
- rice
- salad
- 2 - gallon-size freezer baggie(s)

5. Slow Cooker Cubano Sandwiches

- 4 - lb(s) pork roast
- Salt and pepper
- 2 - cup(s) orange juice
- 2 - tsp ground cumin
- 8 - hoagie rolls

2. Slow Cooker Asian Wings

- 6 - lb(s) chicken wings
- 2 - tsp canola oil
- 4 - Tbsp sweet Thai chili sauce
- 4 - Tbsp honey
- 1/2 - cup(s) brown sugar
- 2/3 - cup(s) soy sauce
- 2 - tsp ground ginger
- 2 - tsp garlic powder
- 1 - tsp onion powder
- Salt and pepper
- 4 - Tbsp cornstarch
- sesame seeds and green onions
- salad
- 2 - gallon-size freezer baggie(s)

4. Slow Cooker Honey Garlic Chicken

- 8 - small boneless chicken breasts
- 1 - cup(s) soy sauce
- 1 - cup(s) honey
- 1/2 - cup(s) teriyaki sauce
- 4 - Tbsp rice vinegar
- 2 - tsp sesame oil
- 4 - tsp minced garlic
- 2 - tsp minced onion
- 2 - tsp ground ginger
- 4 - Tbsp cornstarch
- sliced green onions
- rice
- salad
- 2 - gallon-size freezer baggie(s)

- 16 - sandwich pickles
- 2 - Tbsp mayonnaise
- 2 - Tbsp Dijon mustard
- 16 - slices ham deli meat
- 8 - slices Swiss cheese
- fruit
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 2 lb(s) ground beef
- 6 lb(s) chicken wings
- 4 lb(s) flank steak
- 8 small boneless chicken breasts
- 4 lb(s) pork roast
- 16 slices ham deli meat

Pantry Staples - Canned, Boxed

- 2x15 oz. can(s) black beans
- 2x10 oz. can(s) red enchilada sauce
- 2x4 oz. can(s) diced green chilies
- 2 cup(s) red salsa
- 2x15 oz. can(s) crushed tomatoes
- Side:** rice

Sauces/Condiments

- 2 tsp canola oil
- 4 Tbsp sweet Thai chili sauce
- 4 Tbsp honey
- 3 cup(s) soy sauce
- 2 Tbsp apple cider vinegar
- 1 cup(s) honey
- 1 cup(s) teriyaki sauce
- 4 Tbsp rice vinegar
- 2 tsp sesame oil
- 2 Tbsp mayonnaise
- 2 Tbsp Dijon mustard

Dairy/Frozen

- 4 cup(s) shredded cheddar cheese
- 2 cup(s) orange juice
- 8 slices Swiss cheese

Produce

- Garnish:** avocado(s)
- Side:** veggies
- sesame seeds and green onions
- Side:** salad
- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 2 small white onion(s)
- 2x1/2 cup(s) green olives
- Garnish:** sliced green onions
- Side:** fruit

Starchy Sides

- 16 flour tortillas
- 8 hoagie rolls

Spices

- 2 Tbsp minced onion
- 4 tsp garlic powder
- 4 Tbsp chili powder
- 4 tsp ground cumin
- Salt and pepper
- 1 cup(s) brown sugar
- 4 tsp ground ginger
- 1 tsp onion powder
- 8 Tbsp cornstarch
- 2 Tbsp cumin
- 4 tsp minced garlic
- 2 tsp minced onion

Supplies

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

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 Layered Enchiladas (Filling)

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x15 oz. can(s) black beans
- 2x10 oz. can(s) red enchilada sauce
- 2x4 oz. can(s) diced green chilies
- 2 cup(s) red salsa
- 4 Tbsp chili powder
- 2 tsp ground cumin
- Salt and pepper
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Ropa Vieja

- 4 lb(s) flank steak
- Salt and pepper
- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 2 small white onion(s)
- 2x15 oz. can(s) crushed tomatoes
- 2 Tbsp apple cider vinegar
- 2 Tbsp cumin
- 2x1/2 cup(s) green olives
- 2 gallon-size freezer baggie(s)

5. Slow Cooker Cubano Sandwiches

- 4 lb(s) pork roast
- Salt and pepper
- 2 cup(s) orange juice
- 2 tsp ground cumin
- 2 gallon-size freezer baggie(s)

2. Slow Cooker Asian Wings

- 6 lb(s) chicken wings
- 2 tsp canola oil
- 4 Tbsp sweet Thai chili sauce
- 4 Tbsp honey
- 1/2 cup(s) brown sugar
- 2/3 cup(s) soy sauce
- 2 tsp ground ginger
- 2 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper
- 2 gallon-size freezer baggie(s)

4. Slow Cooker Honey Garlic Chicken

- 8 small boneless chicken breasts
- 1 cup(s) soy sauce
- 1 cup(s) honey
- 1/2 cup(s) teriyaki sauce
- 4 Tbsp rice vinegar
- 2 tsp sesame oil
- 4 tsp minced garlic
- 2 tsp minced onion
- 2 tsp ground ginger
- 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

- 2 lb(s) ground beef
- 6 lb(s) chicken wings
- 4 lb(s) flank steak
- 8 small boneless chicken breasts
- 4 lb(s) pork roast

Pantry Staples - Canned, Boxed

- 2x15 oz. can(s) black beans
- 2x10 oz. can(s) red enchilada sauce
- 2x4 oz. can(s) diced green chilies
- 2 cup(s) red salsa
- 2x15 oz. can(s) crushed tomatoes

Spices

- 2 Tbsp minced onion
- 4 tsp garlic powder
- 4 Tbsp chili powder
- 4 tsp ground cumin
- Salt and pepper
- 1 cup(s) brown sugar
- 4 tsp ground ginger
- 1 tsp onion powder
- 2 Tbsp cumin
- 4 tsp minced garlic
- 2 tsp minced onion

Supplies

- 10x gallon-size freezer baggie(s)

Produce

- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 2 small white onion(s)
- 2x1/2 cup(s) green olives

Sauces/Condiments

- 2 tsp canola oil
- 4 Tbsp sweet Thai chili sauce
- 4 Tbsp honey
- 3 cup(s) soy sauce
- 2 Tbsp apple cider vinegar
- 1 cup(s) honey
- 1 cup(s) teriyaki sauce
- 4 Tbsp rice vinegar
- 2 tsp sesame oil

Dairy/Frozen

- 2 cup(s) orange juice

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

- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.
- Open, drain and rinse 2 cans of black beans. Open 2 cans of red enchilada sauce. Open 2 cans of green chilies.
- In a small mixing bowl, whisk together 4 Tbsp sweet Thai chili sauce, 4 Tbsp honey, 1/2 cup brown sugar, 2/3 cup soy sauce, 2 tsp ground ginger, 2 tsp garlic powder and 1 tsp onion powder. Add a pinch of salt and pepper.
- Seed and slice 2 green bell peppers and 2 red bell peppers.
- Slice 2 onions.
- In a small mixing bowl, whisk together 1 cup soy sauce, 1 cup honey, 1/2 cup teriyaki sauce, 4 Tbsp rice vinegar, 2 tsp sesame oil, 2 tsp minced garlic, 2 tsp minced onion, and 2 tsp ground ginger.

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 Layered Enchiladas {Filling}

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

- Half of the browned ground beef
- 1 - 15 oz. can black beans
- 1 - 10 oz. can red enchilada sauce
- 1 - 4 oz. can green chilies
- 1 cup red salsa
- 2 Tbsp chili powder
- 1 tsp ground cumin
- Salt and pepper

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

Slow Cooker Ropa Vieja

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

- 2 lb. flank steak
- Salt and pepper
- Half of the sliced green and red bell peppers
- Half of the sliced onions
- 1 - 15 oz. can crushed tomatoes
- 1 Tbsp apple cider vinegar
- 1 Tbsp cumin
- 1/2 cup green olives

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

Slow Cooker Cubano Sandwiches

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

- 2 lb. pork roast
- Salt and pepper
- 1 cup orange juice
- 1 tsp ground cumin

Slow Cooker Asian Wings

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

- 3 lbs. chicken wings
- Half of the prepared marinade
- Do NOT add cornstarch to the freezer baggie

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

Slow Cooker Honey Garlic Chicken

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

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the prepared marinade
- Do NOT add the cornstarch to freezer bag

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

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