

SLOW COOKER MEAL PLAN

OCTOBER 2017

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1. Slow Cooker Minestrone Soup

Yield: 4 servings

Active Time: 20 minutes . Cook Time: 8 hours on low

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 - small white onion(s)
- 2 - celery
- 2 - garlic cloves
- 4 - whole carrots
- 1/2 - lb(s) green beans
- 1 x - 15 oz. can(s) tomato sauce
- - 15 oz. can(s) kidney beans
- 1 - Tbsp Italian seasoning
- 6 - cup(s) chicken or vegetable stock
- - Salt and pepper
- 1 1/2 - cup(s) elbow pasta noodles**
- Garnish: - Parmesan cheese**
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Chop the onion and slice the celery. Peel and chop the carrots. Trim the green beans. Crush the garlic cloves.
2. Open, drain, and rinse the red kidney beans. Open the tomato sauce.
3. To the slow cooker, add the chopped onion, sliced celery, crushed garlic cloves, chopped carrots, green beans, tomato sauce, kidney beans, Italian seasoning and chicken stock. Set on low and cook for 8 hours. Season with salt and pepper, as needed.
4. With 30 minutes left in the cooking cycle, stir in the pasta and let it cook through.
5. Warm the dinner rolls.
6. To keep the pasta from overcooking, ladle the soup into serving bowls right away.
7. Serve Slow Cooker Minestrone Soup with optional Parmesan cheese and side of dinner rolls.

Assembly Prep Directions for 2 Meals

Chop 2 white onions.

Peel and chop 8 whole carrots.

Slice 4 celery stalks.

Trim 1 lb. green beans.

Crush the garlic cloves.

Open, drain and rinse 2 cans of red kidney beans.

Open 2 cans of tomato sauce.

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

- Half of the chopped onion
- Half of the sliced celery
- Half of the crushed garlic cloves
- Half of the chopped carrots
- Half of the trimmed green beans
- 1 - 15 oz. can tomato sauce
- 1 - 15 oz. can red kidney beans, drained and rinsed
- 1 Tbsp Italian seasoning blend
- 6 cups chicken or vegetable stock or equivalent bouillon base plus water

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 a warm bowl of water for about 20 minutes, before transferring all the ingredients to slow cooker. Set on low and cook for 8 hours. With 30 minutes left in the cooking cycle, stir in the pasta.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides and when the Parmesan cheese garnish is omitted.

Gluten-Free Modifications: *Use gluten-free small shell pasta noodles and serve with gluten free toast.*

2. Best Italian Beef Sandwiches

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) beef chuck roast
- 1 - small white onion(s)
- 11 - oz. pepperoncini peppers
- 1 - Tbsp Italian seasoning
- 1 - tsp garlic powder
- - Salt and pepper
- 8 - hamburger buns**
- Side: - salad**
- Side: - chips**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the white onion into half-moons.
2. Place the beef roast into the base of the slow cooker and season with salt and pepper. Sprinkle pepperoncini (with juices) and the sliced onions around and on top of the beef roast. Sprinkle the Italian seasoning and garlic powder over the top.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the beef with 2 forks and mix into the sauce. Season with salt and pepper to taste.
4. Add the shredded beef, onions and pepperoncini to the buns.
5. Prepare salad.
6. Serve Slow Cooker Best Italian Beef Sandwiches with salad and chips.

Assembly Prep Directions for 2 Meals

Slice 2 white onions into half-moons.

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

- 2 lb. beef chuck roast
- Half of the sliced onions
- 1 - 11 oz. jar pepperoncini
- 1 Tbsp Italian seasoning
- 1 tsp garlic powder

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. Shred the beef, once cooked, and assemble sandwiches as directed.*

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 bun or over another gluten-free side dish.*

3. Slow Cooker Ole 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 x - 10 oz can(s) cream of mushroom
- 1 x - 10 oz can(s) cream of chicken
- 1 - cup(s) sour cream
- 2 - Tbsp minced onion
- 1 - tsp minced garlic
- 1 - cup(s) salsa**
- 8 - flour tortillas**
- 1 - cup(s) shredded Pepperjack cheese**
- Side: - rice**
- Side: - beans**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the chicken into thin strips.
2. In a large mixing bowl, stir together the cream of mushroom soup, cream of chicken soup, sour cream, minced onion and minced garlic.
3. To the base of the slow cooker, add 1 layer of tortillas, then the half of the soup mixture, then half of the chicken strips, then salsa, then repeat layers of tortilla, soup mixture, chicken and salsa. Add final layer of tortillas on top.
4. Set on low and cook for 8 hours. With 15 minutes, add the shredded cheese on top and let cheese melt. Cut out slices of the cheesy chicken and serve.
5. Cook the rice as directed.
6. Prepare the beans, as directed.
7. Serve Slow Cooker Ole Chicken with rice and beans.

Assembly Prep Directions for 2 Meals

Open 2 cans of cream of mushroom soup and 2 cans of cream of chicken soup.

Slice the chicken into thin strips.

In a large mixing bowl, stir together the cream of mushroom soup, cream of chicken soup, sour cream, minced onion and minced garlic.

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

- Half of the mushroom-chicken soup mixture
- Half of the sliced chicken
- Do not add salsa, tortillas or cheese.

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 tortillas, soup-chicken mixture and salsa into the slow cooker as directed. Set on low and cook for 8 hours.*

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

Gluten-Free Modifications: *Unfortunately, corn tortillas won't do well in the slow cooker this long.*

4. Slow Cooker Tex-Mex Chicken Chili

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 - small white onion(s)
- - 15 oz. can(s) black beans
- - 15 oz. can pinto beans
- 1 x - 15 oz. can(s) crushed tomatoes
- - 4 oz. can(s) green chiles
- 1 - Tbsp ground cumin
- 1 - Tbsp chili powder
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1/4 - cup(s) lime juice
- 2 - cup(s) chicken broth
- - Salt and pepper
- Garnish: - shredded cheese or sour cream**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open all the cans. Drain and rinse the beans.
2. Chop the onion.
3. Add all the ingredients into the base of the slow cooker.
4. Set on low and cook for 8 hours. Lightly pull apart the chicken with 2 forks. Season with salt and pepper to taste.
5. Prepare the salad.
6. Serve Slow Cooker Tex-Mex Chicken Chili with salad.

Assembly Prep Directions for 2 Meals

Chop 2 small white onions.

Open, drain and rinse 2 cans of black beans and 2 cans of pinto beans. Open 2 cans of crushed tomatoes and 2 cans of green chilies.

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

- 4 boneless chicken breasts
- Half of the black and pinto beans
- Half of the crushed tomatoes and green chilies
- 1 Tbsp ground cumin
- 1 Tbsp chili powder
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1/4 cup lime juice
- 2 cups chicken broth

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 sides.*

5. Slow Cooker Chicken Philly Cheesesteak Sandwiches

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
- 2 - Tbsp olive oil
- 1 - Tbsp red wine vinegar
- - Salt and pepper
- 1 - red bell pepper(s)
- 1 - orange bell pepper(s)
- 1 - small white onion(s)
- 4 - slices Provolone cheese**
- 4 - whole wheat hoagie buns**
- Side: - salad**
- Side: - chips**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Seed and slice the 2 bell peppers. Slice the onion into half-moons.
2. Place the chicken breasts in the base of the slow cooker and drizzle the olive oil and vinegar over the top. Sprinkle a little salt and pepper over the top and then add the sliced bell peppers and onions over the top.
3. Set on low and cook for 8 hours. Once done, shred the chicken loosely with 2 forks and strain off the juice. Spoon the chicken, peppers and onions into the hoagies.
4. Slice the Provolone cheese and lay on top of the chicken and veggies. If need be, run under the broiler for 1 minute to melt cheese, or add to small toaster oven to melt cheese.
5. Prepare the salad.
6. Serve Slow Cooker Chicken Philly Cheesesteak Sandwiches with salad and chips.

Assembly Prep Directions for 2 Meals

Seed and slice the 2 red bell peppers and 2 orange bell peppers. Slice 2 small white onions into half-moons.

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

- 4 boneless chicken breasts
- 2 Tbsp olive oil
- 1 Tbsp red wine vinegar
- Salt and pepper
- Half of the sliced bell peppers and onions
- Do not add the sliced cheese before serving

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. Shred and strain the chicken and veggies, then assemble sandwiches as directed with slices of Provolone cheese. Melt cheese, if needed.*

Dairy-Free Modifications: *Recipe is dairy-free when omit the cheese on the sandwich.*

Gluten-Free Modifications: *You could serve the shredded chicken and veggies or rice or cauli-rice for gluten-free option.*

Complete Shopping List by Recipe

1. Slow Cooker Minestrone Soup

- 2 - small white onion(s)
- 4 - celery
- 4 - garlic cloves
- 8 - whole carrots
- 1 - lb(s) green beans
- 2x - 15 oz. can(s) tomato sauce
- 15 oz. can(s) kidney beans
- 2 - Tbsp Italian seasoning
- 12 - cup(s) chicken or vegetable stock
- Salt and pepper
- 3 - cup(s) elbow pasta noodles
- Parmesan cheese
- dinner rolls
- 2 - gallon-size freezer baggie(s)

3. Slow Cooker Ole Chicken

- 8 - small boneless chicken breasts
- 2x - 10 oz can(s) cream of mushroom
- 2x - 10 oz can(s) cream of chicken
- 2 - cup(s) sour cream
- 4 - Tbsp minced onion
- 2 - tsp minced garlic
- 2 - cup(s) salsa
- 16 - flour tortillas
- 2 - cup(s) shredded Pepperjack cheese
- rice
- beans
- 2 - gallon-size freezer baggie(s)

5. Slow Cooker Chicken Philly Cheesesteak Sandwiches

- 8 - small boneless chicken breasts
- 4 - Tbsp olive oil
- 2 - Tbsp red wine vinegar

2. Best Italian Beef Sandwiches

- 4 - lb(s) beef chuck roast
- 2 - small white onion(s)
- 22 - oz. pepperoncini peppers
- 2 - Tbsp Italian seasoning
- 2 - tsp garlic powder
- Salt and pepper
- 16 - hamburger buns
- salad
- chips
- 2 - gallon-size freezer baggie(s)

4. Slow Cooker Tex-Mex Chicken Chili

- 8 - small boneless chicken breasts
- 2 - small white onion(s)
- 15 oz. can(s) black beans
- 15 oz. can pinto beans
- 2x - 15 oz. can(s) crushed tomatoes
- 4 oz. can(s) green chiles
- 2 - Tbsp ground cumin
- 2 - Tbsp chili powder
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 1/2 - cup(s) lime juice
- 4 - cup(s) chicken broth
- Salt and pepper
- shredded cheese or sour cream
- salad
- 2 - gallon-size freezer baggie(s)

- Salt and pepper
- 2 - red bell pepper(s)
- 2 - orange bell pepper(s)
- 2 - small white onion(s)
- 8 - slices Provolone cheese
- 8 - whole wheat hoagie buns
- salad
- chips
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 4 lb(s) beef chuck roast
- 24 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- 2x 15 oz. can(s) tomato sauce
- 15 oz. can(s) kidney beans
- 12 cup(s) chicken or vegetable stock
- 3 cup(s) elbow pasta noodles
- 2x 10 oz can(s) cream of mushroom
- 2x 10 oz can(s) cream of chicken
- 2 cup(s) salsa
- Side:** rice
- 15 oz. can(s) black beans
- 15 oz. can pinto beans
- 2x 15 oz. can(s) crushed tomatoes
- 4 oz. can(s) green chiles
- 4 cup(s) chicken broth

Sauces/Condiments

- 4 Tbsp olive oil
- 2 Tbsp red wine vinegar

Dairy/Frozen

- Side:** Parmesan cheese

Produce

- 8 small white onion(s)
- 4 celery
- 8 whole carrots
- 1 lb(s) green beans
- 22 oz. pepperoncini peppers
- Side:** salad
- Side:** beans
- 1/2 cup(s) lime juice
- 2 red bell pepper(s)
- 2 orange bell pepper(s)

Starchy Sides

- Side:** dinner rolls
- 16 hamburger buns
- Side:** chips
- 16 flour tortillas

Spices

- 4 garlic cloves
- 4 Tbsp Italian seasoning
- Salt and pepper
- 4 tsp garlic powder
- 6 Tbsp minced onion
- 2 tsp minced garlic
- 2 Tbsp ground cumin
- 2 Tbsp chili powder

Supplies

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

- 2 cup(s) sour cream
- 2 cup(s) shredded Pepperjack cheese
- Side:** shredded cheese or sour cream
- 8 slices Provolone cheese
- 8 whole wheat hoagie buns

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 Minestrone Soup

- 2 small white onion(s)
- 4 celery
- 4 garlic cloves
- 8 whole carrots
- 1 lb(s) green beans
- 2x 15 oz. can(s) tomato sauce
- 15 oz. can(s) kidney beans
- 2 Tbsp Italian seasoning
- 12 cup(s) chicken or vegetable stock
- Salt and pepper
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Ole Chicken

- 8 small boneless chicken breasts
- 2x 10 oz can(s) cream of mushroom
- 2x 10 oz can(s) cream of chicken
- 2 cup(s) sour cream
- 4 Tbsp minced onion
- 2 tsp minced garlic
- 2 gallon-size freezer baggie(s)

5. Slow Cooker Chicken Philly Cheesesteak Sandwiches

- 8 small boneless chicken breasts
- 4 Tbsp olive oil
- 2 Tbsp red wine vinegar
- Salt and pepper
- 2 red bell pepper(s)

2. Best Italian Beef Sandwiches

- 4 lb(s) beef chuck roast
- 2 small white onion(s)
- 22 oz. pepperoncini peppers
- 2 Tbsp Italian seasoning
- 2 tsp garlic powder
- Salt and pepper
- 2 gallon-size freezer baggie(s)

4. Slow Cooker Tex-Mex Chicken Chili

- 8 small boneless chicken breasts
- 2 small white onion(s)
- 15 oz. can(s) black beans
- 15 oz. can pinto beans
- 2x 15 oz. can(s) crushed tomatoes
- 4 oz. can(s) green chiles
- 2 Tbsp ground cumin
- 2 Tbsp chili powder
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 1/2 cup(s) lime juice
- 4 cup(s) chicken broth
- Salt and pepper
- 2 gallon-size freezer baggie(s)

- 2 orange bell pepper(s)
- 2 small white onion(s)
- 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

- 4 lb(s) beef chuck roast
- 24 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- 2x 15 oz. can(s) tomato sauce
- 15 oz. can(s) kidney beans
- 12 cup(s) chicken or vegetable stock
- 2x 10 oz can(s) cream of mushroom
- 2x 10 oz can(s) cream of chicken
- 15 oz. can(s) black beans
- 15 oz. can pinto beans
- 2x 15 oz. can(s) crushed tomatoes
- 4 oz. can(s) green chiles
- 4 cup(s) chicken broth

Spices

- 4 garlic cloves
- 4 Tbsp Italian seasoning
- Salt and pepper
- 4 tsp garlic powder
- 6 Tbsp minced onion
- 2 tsp minced garlic
- 2 Tbsp ground cumin
- 2 Tbsp chili powder

Supplies

- 10x gallon-size freezer baggie(s)

Produce

- 8 small white onion(s)
- 4 celery
- 8 whole carrots
- 1 lb(s) green beans
- 22 oz. pepperoncini peppers
- 1/2 cup(s) lime juice
- 2 red bell pepper(s)
- 2 orange bell pepper(s)

Sauces/Condiments

- 4 Tbsp olive oil
- 2 Tbsp red wine vinegar

Dairy/Frozen

- 2 cup(s) sour cream

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

- Chop 2 small white onions.
- Chop 2 white onions.
- Crush the garlic cloves.
- In a large mixing bowl, stir together the cream of mushroom soup, cream of chicken soup, sour cream, minced onion and minced garlic.
- Open 2 cans of cream of mushroom soup and 2 cans of cream of chicken soup.
- Open 2 cans of tomato sauce.
- Open, drain and rinse 2 cans of black beans and 2 cans of pinto beans. Open 2 cans of crushed tomatoes and 2 cans of green chilies.
- Open, drain and rinse 2 cans of red kidney beans.
- Peel and chop 8 whole carrots.
- Seed and slice the 2 red bell peppers and 2 orange bell peppers. Slice 2 small white onions into half-moons.
- Slice 2 white onions into half-moons.
- Slice 4 celery stalks.
- Slice the chicken into thin strips.
- Trim 1 lb. green 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.

Slow Cooker Minestrone Soup

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

- Half of the chopped onion
- Half of the sliced celery
- Half of the crushed garlic cloves
- Half of the chopped carrots
- Half of the trimmed green beans
- 1 - 15 oz. can tomato sauce
- 1 - 15 oz. can red kidney beans, drained and rinsed
- 1 Tbsp Italian seasoning blend
- 6 cups chicken or vegetable stock or equivalent bouillon base plus water

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

Slow Cooker Ole Chicken

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

- Half of the mushroom-chicken soup mixture
- Half of the sliced chicken
- Do not add salsa, tortillas or cheese.

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

Slow Cooker Chicken Philly Cheesesteak Sandwiches

To each gallon-size plastic freezer baggie, add the

Best Italian Beef Sandwiches

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

- 2 lb. beef chuck roast
- Half of the sliced onions
- 1 - 11 oz. jar pepperoncini
- 1 Tbsp Italian seasoning
- 1 tsp garlic powder

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

Slow Cooker Tex-Mex Chicken Chili

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

- 4 boneless chicken breasts
- Half of the black and pinto beans
- Half of the crushed tomatoes and green chilies
- 1 Tbsp ground cumin
- 1 Tbsp chili powder
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1/4 cup lime juice
- 2 cups chicken broth

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

following ingredients:

- 4 boneless chicken breasts
- 2 Tbsp olive oil
- 1 Tbsp red wine vinegar
- Salt and pepper
- Half of the sliced bell peppers and onions
- Do not add the sliced cheese before serving

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