

ALL CHICKEN MEAL PLAN

OCTOBER 2017

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1. King Ranch Mac & Cheese

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

- 12 - oz. elbow pasta noodles
- 3 - cup(s) shredded rotisserie chicken
- 1 x - 10 oz diced tom & green chile
- 2 - cup(s) sour cream
- 2 - Tbsp ground cumin
- 2 - tsp chili powder
- 2 - cup(s) shredded cheddar cheese
- Side: - veggies**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Cook the pasta, as directed, to al dente. Drain well and add to 9x13-inch baking dish.
2. Preheat oven to 350 F.
3. Open the diced tomatoes with green chilies.
4. In a large mixing bowl, mix together the diced tomatoes and green chilies (with the juices), sour cream, ground cumin, chili powder and a pinch of salt. Stir until smooth, then stir in the shredded cheddar cheese and shredded chicken.
5. Gently toss the creamy chicken sauce with the pasta in the baking dish. Then bake in the preheated oven for 20 to 30 minutes, or until warmed through.
6. Prepare veggies.
7. Serve King Ranch Mac & Cheese with veggies.

Assembly Prep Directions for 2 Meals

Cook the elbow pasta, as directed, to al dente. Drain well.

Open 2 cans diced tomatoes with green chilies.

In a large mixing bowl, mix together 2 cans of diced tomatoes and green chilies (with the juices), 4 cups sour cream, 4 Tbsp ground cumin, 4 tsp chili powder, 4 cups shredded cheddar cheese, and a pinch of salt. Stir in 2 cups shredded cheddar cheese and 3 cups shredded chicken.

To each disposable tray, add the following ingredients:

- Half of the elbow pasta
- Half of the creamy chicken mixture, toss gently together

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 is not a great dairy-free option for this meal.*

Gluten-Free Modifications: *Recipe is gluten-free if you use small shell gluten-free pasta.*

2. Kung Pao 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

- 2 - large boneless chicken breasts
- 1 - Tbsp canola oil
- 1 - red bell pepper(s)
- 1 - green bell pepper(s)
- 1 x - 8 oz. can(s) water chestnuts
- 1 x - 17 oz jar(s) Kung Pao sauce
- 1 - Tbsp cornstarch**
- Garnish: - sliced green onions**
- Side: - frozen eggrolls**
- Side: - white rice**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cut the chicken breasts into bite-size pieces.
2. Seed and dice the red and green bell peppers.
3. Open the can of water chestnuts and drain well.
4. In a large skillet, add the canola oil and saute the chicken pieces for 2 to 3 minutes. Stir in the chopped red and green bell peppers, water chestnuts and Kung Pao sauce. Bring to bubbling over medium high heat, then reduce to low and simmer 8 to 10 minutes, or until chicken is cooked through. OPTIONAL: If you need to thicken the sauce, make a slurry with the cornstarch and equal parts water and stir it into the sauce. Let simmer 2 more minutes and let sauce thicken. Garnish with sliced green onions.
5. Cook the eggrolls, as directed.
6. Cook the white rice, as directed.
7. Serve Kung Pao Chicken with eggrolls and rice.

Assembly Prep Directions for 2 Meals

Cut 4 chicken breasts into bite-size pieces.

Seed and finely chop 2 red bell peppers and 2 green bell peppers.

Open 2 cans of water chestnuts and drain them well.

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

- Half of the chicken breast pieces
- Half of the chopped red and green bell peppers
- Half of the water chestnuts
- 1 - 17 oz. jar Kung Pao sauce
- Do NOT add 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. 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, reduce heat and let simmer on low for 8 to 10 minutes, or until chicken is cooked. Thicken with cornstarch, if needed. Stir often.*

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 this meal.*

3. Chicken Cordon Bleu Bake

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 15 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

- 12 - oz. penne pasta noodles
- 3 - cup(s) shredded rotisserie chicken
- 1 - cup(s) diced ham
- 2 - cup(s) chopped bacon
- 2 - cup(s) heavy cream
- 8 - oz. cream cheese
- 3 - cup(s) shredded Swiss cheese
- 1 - tsp garlic powder
- 1 - tsp onion powder
- - Salt and pepper
- 1 - cup(s) breadcrumbs
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat oven to 350 F.
2. Cook the pasta, as directed. Drain and add to 9x13-inch baking dish.
3. In a small bowl, toss the shredded rotisserie chicken, diced ham and chopped bacon.
4. In a small skillet, warm the heavy cream over low heat. Stir in the cream cheese until it melts and then stir in half of the shredded Swiss cheese. Once the sauce is smooth and creamy, stir in the chicken-ham-bacon combo. Then pour into the baking dish and gently toss with the pasta. Add the remaining shredded Swiss cheese on top, then top with the bread crumbs.
5. Bake in the preheated oven for 15 minutes, or until warmed through and cheese has melted.
6. Serve Chicken Cordon Bleu Bake with salad.

Assembly Prep Directions for 2 Meals

If needed, dice ham and cook and crumble the bacon.

Cook 2 boxes of pasta, al dente. Drain and add to tray.

In a small bowl, toss 6 cups shredded rotisserie chicken, 2 cups diced ham and 2 cups chopped bacon.

In a small skillet, warm 4 cups heavy cream over low heat. Stir in 16 oz. of cream cheese until it melts and then stir in half of the shredded Swiss cheese (amount varies by serving size - check recipe). Once the sauce is smooth and creamy, stir in the chicken-ham-bacon combo.

To each disposable tray, add the following ingredients:

- Half of the cooked penne pasta
- Half of the creamy chicken sauce, then gently toss
- Remaining shredded Swiss cheese
- 1 cup bread crumbs

Cover with foil or lid, add label 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 oven and baking as directed.*

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. 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.*

5. 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.*

Complete Shopping List by Recipe

1. King Ranch Mac & Cheese

- 24 - oz. elbow pasta noodles
- 6 - cup(s) shredded rotisserie chicken
- 2x - 10 oz diced tom & green chile
- 4 - cup(s) sour cream
- 4 - Tbsp ground cumin
- 4 - tsp chili powder
- 4 - cup(s) shredded cheddar cheese
- veggies
- 2 - 9x13 disposable foil tray(s)

3. Chicken Cordon Bleu Bake

- 24 - oz. penne pasta noodles
- 6 - cup(s) shredded rotisserie chicken
- 2 - cup(s) diced ham
- 4 - cup(s) chopped bacon
- 4 - cup(s) heavy cream
- 16 - oz. cream cheese
- 6 - cup(s) shredded Swiss cheese
- 2 - tsp garlic powder
- 2 - tsp onion powder
- Salt and pepper
- 2 - cup(s) breadcrumbs
- salad
- 2 - 9x13 disposable foil tray(s)

5. 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

2. Kung Pao Chicken

- 4 - large boneless chicken breasts
- 2 - Tbsp canola oil
- 2 - red bell pepper(s)
- 2 - green bell pepper(s)
- 2x - 8 oz. can(s) water chestnuts
- 2x - 17 oz jar(s) Kung Pao sauce
- 2 - Tbsp cornstarch
- sliced green onions
- frozen eggrolls
- white rice
- 2 - gallon-size freezer baggie(s)

4. 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)

- 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)

Complete Shopping List by Store Section/Category

Meat

- 12 cup(s) shredded rotisserie chicken
- 4 large boneless chicken breasts
- 2 cup(s) diced ham
- 4 cup(s) chopped bacon
- 16 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- 24 oz. elbow pasta noodles
- 2x 10 oz diced tom & green chile
- 2x 8 oz. can(s) water chestnuts
- Side:** white rice
- 24 oz. penne pasta noodles
- 2 cup(s) breadcrumbs
- 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

- 2 Tbsp canola oil
- 2x 17 oz jar(s) Kung Pao sauce

Dairy/Frozen

Produce

- Side:** veggies
- 2 red bell pepper(s)
- 2 green bell pepper(s)
- Garnish:** sliced green onions
- Side:** salad
- Side:** beans
- 2 small white onion(s)
- 1/2 cup(s) lime juice

Starchy Sides

- 16 flour tortillas

Spices

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

Supplies

- 6 cup(s) sour cream
 - 4 cup(s) shredded cheddar cheese
 - Side:** frozen eggrolls
 - 4 cup(s) heavy cream
 - 16 oz. cream cheese
 - 6 cup(s) shredded Swiss cheese
 - 2 cup(s) shredded Pepperjack cheese
 - Side:** shredded cheese or sour cream
- Side:** 4 9x13 disposable foil tray(s)
 - Side:** 6 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. King Ranch Mac & Cheese

- 24 oz. elbow pasta noodles
- 6 cup(s) shredded rotisserie chicken
- 2x 10 oz diced tom & green chile
- 4 cup(s) sour cream
- 4 Tbsp ground cumin
- 4 tsp chili powder
- 4 cup(s) shredded cheddar cheese
- 2 9x13 disposable foil tray(s)

3. Chicken Cordon Bleu Bake

- 24 oz. penne pasta noodles
- 6 cup(s) shredded rotisserie chicken
- 2 cup(s) diced ham
- 4 cup(s) chopped bacon
- 4 cup(s) heavy cream
- 16 oz. cream cheese
- 6 cup(s) shredded Swiss cheese
- 2 tsp garlic powder
- 2 tsp onion powder
- Salt and pepper
- 2 cup(s) breadcrumbs
- 2 9x13 disposable foil tray(s)

5. 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

2. Kung Pao Chicken

- 4 large boneless chicken breasts
- 2 Tbsp canola oil
- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 2x 8 oz. can(s) water chestnuts
- 2x 17 oz jar(s) Kung Pao sauce
- 2 gallon-size freezer baggie(s)

4. 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)

- 4 cup(s) chicken broth
- Salt and pepper
- 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

- 12 cup(s) shredded rotisserie chicken
- 4 large boneless chicken breasts
- 2 cup(s) diced ham
- 4 cup(s) chopped bacon
- 16 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- 24 oz. elbow pasta noodles
- 2x 10 oz diced tom & green chile
- 2x 8 oz. can(s) water chestnuts
- 24 oz. penne pasta noodles
- 2 cup(s) breadcrumbs
- 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

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

Supplies

- 4x 9x13 disposable foil tray(s)
- 6x gallon-size freezer baggie(s)

Produce

- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 2 small white onion(s)
- 1/2 cup(s) lime juice

Sauces/Condiments

- 2 Tbsp canola oil
- 2x 17 oz jar(s) Kung Pao sauce

Dairy/Frozen

- 6 cup(s) sour cream
- 4 cup(s) shredded cheddar cheese
- 4 cup(s) heavy cream
- 16 oz. cream cheese
- 6 cup(s) shredded Swiss cheese

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.
- Cook 2 boxes of pasta, al dente. Drain and add to tray.
- Cook the elbow pasta, as directed, to al dente. Drain well.
- Cut 4 chicken breasts into bite-size pieces.
- If needed, dice ham and cook and crumble the bacon.
- In a large mixing bowl, mix together 2 cans of diced tomatoes and green chilies (with the juices), 4 cups sour cream, 4 Tbsp ground cumin, 4 tsp chili powder, 4 cups shredded cheddar cheese, and a pinch of salt. Stir in 2 cups shredded cheddar cheese and 3 cups shredded chicken.
- In a large mixing bowl, stir together the cream of mushroom soup, cream of chicken soup, sour cream, minced onion and minced garlic.
- In a small bowl, toss 6 cups shredded rotisserie chicken, 2 cups diced ham and 2 cups chopped bacon.
- In a small skillet, warm 4 cups heavy cream over low heat. Stir in 16 oz. of cream cheese until it melts and then stir in half of the shredded Swiss cheese (amount varies by serving size - check recipe). Once the sauce is smooth and creamy, stir in the chicken-ham-bacon combo.
- Open 2 cans diced tomatoes with green chilies.
- Open 2 cans of cream of mushroom soup and 2 cans of cream of chicken soup.
- Open 2 cans of water chestnuts and drain them well.
- 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.
- Seed and finely chop 2 red bell peppers and 2 green bell peppers.
- Slice the chicken into thin strips.

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.

King Ranch Mac & Cheese

To each disposable tray, add the following ingredients:

- Half of the elbow pasta
- Half of the creamy chicken mixture, toss gently together

Cover with foil or lid, add label and freeze.

Chicken Cordon Bleu Bake

To each disposable tray, add the following ingredients:

- Half of the cooked penne pasta
- Half of the creamy chicken sauce, then gently toss
- Remaining shredded Swiss cheese
- 1 cup bread crumbs

Cover with foil or lid, add label 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.

Kung Pao Chicken

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

- Half of the chicken breast pieces
- Half of the chopped red and green bell peppers
- Half of the water chestnuts
- 1 - 17 oz. jar Kung Pao sauce
- Do NOT add cornstarch to freezer bag.

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.