

# THE 5-INGREDIENT CHALLENGE

2023

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# 1. Slow Cooker Shredded Hawaiian Chicken Sandwiches

*Yield: 4 servings*

*Active Time: 10 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

- 4 - small boneless chicken breasts
- - Salt and pepper
- 1/4 - cup(s) BBQ sauce
- 1 - 8 oz. can(s) crushed pineapple
- 1/2 - small red onion(s)
- 4 - hamburger buns\*\*
- Side: - chips\*\*
- Side: - fruit
- 1 - gallon-size freezer baggie(s)

## Cooking Directions for Single Meal

1. Chop the red onion.
2. Place the chicken breasts into the base of the slow cooker. Sprinkle a little salt and pepper over the top. Drizzle BBQ sauce over the chicken breasts and then pour the pineapple juices around the chicken breasts and the crushed pineapple on top of the chicken. Sprinkle the chopped red onions over the top.
3. Set on low and cook for 8 hours.
4. Once cooked, pull out the chicken breasts and the pineapple and add to a bowl, then shred with 2 forks.
5. Prepare fruit, as needed.
6. Serve Shredded Hawaiian Chicken Sandwiches with fruit and chips.

## Assembly Prep Directions for 2 Meals

Finely chop 1 small red onions.

Open 2 cans of crushed pineapple. Do not drain.

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

- 4 small boneless, skinless chicken breasts
- Salt and pepper
- 1/4 cup BBQ sauce
- Half of the canned pineapple, undrained
- Half of the finely chopped onion

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:** Use 2 boneless chicken breasts & 4 boneless chicken thighs, if you prefer a deeper flavor from the dark meat.

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

**Gluten-Free Modifications:** Serve over rice instead of on buns, and serve with gluten-free chips.



## 2. Slow Cooker Ranch Chicken Tacos

*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) chicken stock
- 1 - packet(s) ranch dressing mix
- 1 - packet(s) taco seasoning
- - Salt and pepper
- 8 - flour tortillas\*\*
- Garnish: - coleslaw\*\*
- Garnish: - Ranch salad dressing\*\*
- Side: - salad\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Place the chicken breasts in the base of the slow cooker. Season with salt and pepper.
2. In a small mixing bowl, whisk the chicken stock and Ranch dressing mix together and pour over the chicken. Sprinkle the taco seasoning on top.
3. Set on low and cook for 8 hours. Once cooked, strain off excess liquid and shred the chicken into the sauce. Season with salt and pepper as needed. Assemble tacos with shredded chicken, coleslaw and Ranch dressing into tortillas.
4. Prepare the salad.
5. Serve Slow Cooker Ranch Chicken Tacos with coleslaw garnish and side salad.

### Assembly Prep Directions for 2 Meals

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

- 4 boneless chicken breasts
- 1/2 cup chicken stock
- 1 packet Ranch dressing mix
- 1 packet taco seasoning
- 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 transferring to the slow cooker and cooking on low for 8 hours.

**Dairy-Free Modifications:** Recipe is dairy-free when made with dairy-free Ranch dressing and mix.

**Gluten-Free Modifications:** Recipe is gluten-free if made with gluten-free Ranch and taco seasonings.



## 3. Sweet Chili Chicken

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 55 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
- - Salt and pepper
- 1 - cup(s) sweet Thai chili sauce
- 3 - Tbsp soy sauce
- Side: - rice\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Preheat the oven to 400 F. Place the chicken breasts into baking dish and season with salt and pepper.
2. In a small mixing bowl, whisk together the sweet Thai chili sauce and soy sauce. Pour over the top of the chicken, and spoon any that falls off the chicken, back on top. The sauce will glaze onto the chicken as it bakes, so you want the chicken covered on top by the sauce.
3. Bake in the preheated oven for 50 to 55 minutes, or until chicken is cooked through.
4. Cook the rice, as directed.
5. Prepare the veggies.
6. Serve Baked Sweet Chili Chicken with rice and veggies.

### Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together 2 cups sweet Thai chili sauce and 6 Tbsp soy sauce.

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

- 4 small boneless chicken breasts
- Salt and pepper onto the chicken
- Half of the prepared sauce, directly on the chicken

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 baking dish.*

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

**Gluten-Free Modifications:** *Recipe is gluten-free when you use gluten-free soy and sweet Thai chili sauces.*



## Complete Shopping List by Recipe

### 1. Slow Cooker Shredded Hawaiian Chicken

#### Sandwiches

- ☐ 8 - small boneless chicken breasts
- ☐ - Salt and pepper
- ☐ 1/2 - cup(s) BBQ sauce
- ☐ 2 - 8 oz. can(s) crushed pineapple
- ☐ 1 - small red onion(s)
- ☐ 8 - hamburger buns
- ☐ - chips
- ☐ - fruit
- ☐ 2 - gallon-size freezer baggie(s)

### 3. Sweet Chili Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ - Salt and pepper
- ☐ 2 - cup(s) sweet Thai chili sauce
- ☐ 6 - Tbsp soy sauce
- ☐ - rice
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

### 2. Slow Cooker Ranch Chicken Tacos

- ☐ 8 - small boneless chicken breasts
- ☐ 1 - cup(s) chicken stock
- ☐ 2 - packet(s) ranch dressing mix
- ☐ 2 - packet(s) taco seasoning
- ☐ - Salt and pepper
- ☐ 16 - flour tortillas
- ☐ - coleslaw
- ☐ - Ranch salad dressing
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)



# Complete Shopping List by Store Section/Category

## Meat

- ☐ 24 small boneless chicken breasts

## Pantry Staples - Canned, Boxed

- ☐ 2 8 oz. can(s) crushed pineapple
- ☐ 1 cup(s) chicken stock
- ☐ **Side:** rice

## Sauces/Condiments

- ☐ 1/2 cup(s) BBQ sauce
- ☐ **Garnish:** Ranch salad dressing
- ☐ 2 cup(s) sweet Thai chili sauce
- ☐ 6 Tbsp soy sauce

## Supplies

- ☐ **Side:** 6 gallon-size freezer baggie(s)

## Produce

- ☐ 1 small red onion(s)
- ☐ **Side:** fruit
- ☐ **Garnish:** coleslaw
- ☐ **Side:** salad
- ☐ **Side:** veggies

## Starchy Sides

- ☐ 8 hamburger buns
- ☐ **Side:** chips
- ☐ 16 flour tortillas

## Spices

- ☐ Salt and pepper
- ☐ 2 packet(s) ranch dressing mix
- ☐ 2 packet(s) taco seasoning



# 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 Shredded Hawaiian Chicken

### Sandwiches

- ☐ 8 small boneless chicken breasts
- ☐ Salt and pepper
- ☐ 1/2 cup(s) BBQ sauce
- ☐ 2 8 oz. can(s) crushed pineapple
- ☐ 1 small red onion(s)
- ☐ 2 gallon-size freezer baggie(s)

## 3. Sweet Chili Chicken

- ☐ 8 small boneless chicken breasts
- ☐ Salt and pepper
- ☐ 2 cup(s) sweet Thai chili sauce
- ☐ 6 Tbsp soy sauce
- ☐ 2 gallon-size freezer baggie(s)

## 2. Slow Cooker Ranch Chicken Tacos

- ☐ 8 small boneless chicken breasts
- ☐ 1 cup(s) chicken stock
- ☐ 2 packet(s) ranch dressing mix
- ☐ 2 packet(s) taco seasoning
- ☐ 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

- ☐ 24 small boneless chicken breasts

## Pantry Staples - Canned, Boxed

- ☐ 2 8 oz. can(s) crushed pineapple
- ☐ 1 cup(s) chicken stock

## Spices

- ☐ Salt and pepper
- ☐ 2 packet(s) ranch dressing mix
- ☐ 2 packet(s) taco seasoning

## Produce

- ☐ 1 small red onion(s)

## Sauces/Condiments

- ☐ 1/2 cup(s) BBQ sauce
- ☐ 2 cup(s) sweet Thai chili sauce
- ☐ 6 Tbsp soy sauce





## 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

- ☐ Finely chop 1 small red onions.
- ☐ In a small mixing bowl, whisk together 2 cups sweet Thai chili sauce and 6 Tbsp soy sauce.
- ☐ Open 2 cans of crushed pineapple. Do not drain.

*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 Shredded Hawaiian Chicken

#### Sandwiches

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

- 4 small boneless, skinless chicken breasts
- Salt and pepper
- 1/4 cup BBQ sauce
- Half of the canned pineapple, undrained
- Half of the finely chopped onion

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

### Sweet Chili Chicken

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

- 4 small boneless chicken breasts
- Salt and pepper onto the chicken
- Half of the prepared sauce, directly on the chicken

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

### Slow Cooker Ranch Chicken Tacos

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

- 4 boneless chicken breasts
- 1/2 cup chicken stock
- 1 packet Ranch dressing mix
- 1 packet taco seasoning
- Salt and pepper

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