# **‘Slow Cooker Herbed Chicken & Potatoes**

Recipe from: tiffany

Cook time:4-6 hours on low

Serves:4

Ingredients

4Boneless skinless chicken breasts or 4-6 chicken thighs

3 cups chopped potatoes (about 1 ½ inch pieces)

3 tablespoon Italian seasoning blend

1 teaspoon garlic powder

Salt and pepper to taste

Fresh herbs for garnish (optional)

Instructions

1.       In a large bowl combine chicken and potatoes. Drizzle with oil and stir to coat. Sprinkle salt, pepper, garlic powder and Italian seasoning over the chicken and potatoes, then toss to coat well.

2.       Transfer to slow cooker (or optional step: cook chicken and potatoes in a large skillet/pan over medium high heat for 2-3 minutes to brown before transferring to slow cooker to cook all the way through), cover and cook on low for 4-6 hours until chicken is cooked through and potatoes are fork tender.

3.       Garnish with fresh herbs like oregano and thyme (optional) and serve hot.

# **Honey Teriyaki Chicken**

Recipe from: twin dragonfly designs

Cook time: 4 hours on low

Serves: 5

Ingredients

5-6 chicken breast halves

½ cup onion, diced

2 tsp garlic, minced

½ cup honey

¼ cup ketchup

½ cup soy sauce

2 Tbsp olive oil

½ tsp cayenne pepper

4 tsp cornstarch

1/3 cup water

Directions

1.       Add chicken, onion, garlic, honey, ketchup, soy sauce, olive oil, and cayenne pepper to a labeled gallon-sized freezer bag.

2.       Freeze for up to three months.

3.       When ready to eat, thaw in fridge overnight.

4.       Pour contents of freezer bag into a slow cooker and cook on low for 4-6 hours.

5.       Whisk cornstarch and water then add to cooked sauce in slow cooker. Mix well and allow sauce to thicken.

6.       Serve over rice. (Optional)

# **Chicken Fajitas**

Recipe from: the humbled home maker

Cook time: 6 hours on low

Serves: 6

Ingredients

2 lb boneless, skinless chicken breasts

2 bell peppers, sliced

1 small yellow onion peeled and sliced

2 cloves garlic, minced

1 Tbsp honey

1 Tbsp apple cider vinegar

1 Tbsp chili powder

2 tsp cumin

1 tsp paprika

¼ tsp crushed red pepper flakes

Directions

1.       Add all ingredients to a labeled gallon-sized freezer bag.

2.       Lay flat and freeze for up to three months.

3.       When ready to eat, thaw in fridge overnight

4.       Pour contents of freezer bag into a slow cooker and cook on low for 6 hours.

5.       Shred chicken and serve with cooked onions and peppers.

# **Hawaiian Chicken**

Recipe from: making our marx

Cook time: 6-7 hours on low

Serves: 4-6

Ingredients

2-3 chicken breasts

½ cup white sugar

½ cup vinegar

3 garlic cloves, minced

2 Tbsp soy sauce

½ cup canned pineapple juice

Directions

1.       Combine ingredients and place in a labeled gallon-sized freezer bag.

2.       Freeze for up to three months.

3.       When ready to eat, thaw in fridge overnight.

4.       Empty freezer-bag contents into a slow cooker and cook on low for 6-7 hours.

5.       Shred chicken, return to juices, and serve over rice. (Optional)

# **Chicken Broccoli Alfredo**

Recipe from: six sisters’ stuff

Cook time: 4-6 hours on low

Serves: 4

Ingredients

1 ½ lb chicken breasts

1 (16oz) bag frozen broccoli florets

2 (16oz) jars Alfredo sauce

1 large green pepper, chopped

1 (4 oz) can sliced mushrooms, drained

Directions

1.       Combine ingredients and place in a labeled gallon-sized freezer bag.

2.       Freeze for up to three months.

3.       When ready to eat, remove from freezer and thaw in fridge for 24 hours.

4.       Empty ingredients into a slow cooker and cook on low for 4-6 hours.

5.       Serve with cooked fettuccine noodles and green salad (optional)