



# ShoppingList

Item	Qty	Price
Teriyaki Sauce (Not carried in all stores)	1 Cup	\$1.78
Brown Sugar	1 ½ C.	\$1.19
Soy Sauce	2/3 C.	\$1.19
Frozen Mixed Vegetables (12 oz.)	2	\$0.89
Rice	4 Cups	\$1.49
Barbecue Sauce	2 Cups	\$2.00
Worcestershire Sauce (Not carried in all stores)	4 Tbsp	\$0.98
Honey	4 Tbsp	\$2.98
Salt	2 tsp.	\$0.39
Pepper	2 tsp.	\$1.99
Salsa	2 Jars	\$1.69
Hamburger Buns	8 ct.	\$0.89
Lettuce	1 head	\$1.29
Garlic Bread	2 Bags	\$1.79
Flour Tortillas	20 Ct.	\$1.69

# Recipe : Slow Cooker Chicken Cacciatore (1 Freezer Meal Bag)

from the kitchen of Passion For Savings

## ingredients

4 Chicken Breast  
1 Jar Spaghetti Sauce  
1 Can Diced Tomatoes  
1 tsp. Garlic Powder  
1 Cup Onion  
1 Cup Bell Pepper  
1 Box of Pasta

## directions:

Slice Onion & Bell Pepper in thin slices  
Place Onion, Bell Pepper and Chicken Breast in a Bag  
Add Spaghetti Sauce, Tomatoes and Garlic Powder to Bag  
Place Bag in the Freezer  
Thaw Bag and place contents in slow cooker  
Cook on High for 4 hours or Low for 6-8 hours  
Serve over cooked noodles

appetizer  beverages  dessert  main dish  side

# Recipe : Slow Cooker Mexican Chicken Chili (1 Freezer Meal Bag)

from the kitchen of Passion For Savings

## ingredients

1 lb. Chicken Breast  
1 tsp. Garlic Powder  
1 Cup Onion Chopped  
1 Can Black Beans  
1 Can Kidney Beans  
1 Can Diced Tomatoes  
1 Can Rotel  
1 Pkg. Taco Seasoning  
1 Can of Corn  
1 32 oz. Chicken Broth

## directions:

Combine All Ingredients in a Freezer Bag & Mix Well  
Place Bag in Freezer  
Thaw & Place Contents of Bag in Slow Cooker  
Cook on High for 4 Hours or Low for 8 hours  
Remove Chicken, Shred with a Fork, & Return to Slow Cooker  
Serve in Bowls topped with Crumbled Tortilla Chips

Optional Toppings: Chips, Sour Cream, Jalapeno Peppers, Avocado, Shredded Cheese

appetizer  beverages  dessert  main dish  side

# Recipe : Slow Cooker Chicken Teriyaki (1 Freezer Meal Bag)

from the kitchen of Passion For Savings

## ingredients

4 Chicken Breast

1/2 Cup Chicken Broth

1/2 Cup Teriyaki Sauce

1/2 Cup Brown Sugar

1 Tbsp. Garlic Powder

1/3 C. Soy Sauce

1 Cup Frozen Vegetables

2 Cups (Uncooked) Rice

## directions:

Combine Chicken Breast, Broth, Teriyaki Sauce, Brown Sugar

Garlic Powder, Soy Sauce and Frozen Vegetables in a Freezer Bag

Place bag in freezer

Thaw and place contents of bag in the Slow Cooker

Cook on High for 4 Hours or Low for 6 -7 Hours

Shred Chicken with a Fork

Serve over Cooked Rice

appetizer  beverages  dessert  main dish  side

# Recipe : Honey BBQ Chicken Sandwiches (1 Freezer Meal Bag)

from the kitchen of Passion For Savings

## ingredients

1 Lb. Chicken Breasts

1 Cup Barbecue Sauce

1/4 Cup. Brown Sugar

2 Tbsp. Worcestershire Sauce

2 Tbsp. Honey

Salt & Pepper To Taste

## directions:

Combine All Ingredients in a Freezer Bag

Place in Freezer

Thaw Freezer Bag & Place Contents in Slow Cooker

Cook on Low 6 Hours or High 4 Hours

Serve with Hamburger Buns & Chips

appetizer  beverages  dessert  main dish  side

Recipe: Chicken Tacos Freezer Meal (1 Freezer Meal Bag)

from the kitchen of Passion For Savings

ingredients

1 Lb. Chicken Breast

1 Pkg. Taco Seasoning

1 16 oz. Jar of Salsa

directions:

Combine all ingredients in a Freezer Meal Bag

Place bag in freezer

Thaw and place contents of bag in the Slow Cooker

Cook on High for 4 Hours or Low for 6 -7 Hours

Shred Chicken with a Fork

Serve with Tortillas, Cheese, Lettuce, Tomato, Sour Cream

Chips & Extra Salsa

appetizer  beverages  dessert  main dish  side

Recipe: \_\_\_\_\_

from the kitchen of \_\_\_\_\_

ingredients

directions:

appetizer  beverages  dessert  main dish  side





# Slow Cooker Chicken Teriyaki

*Cook on High for 4 Hours  
Or Low for 6-7 Hours*



# Slow Cooker Honey BBQ Chicken

*Cook on High for 4 Hours  
Or Low for 6-7 Hours*



# Slow Cooker Chicken Cacciatore

*Cook on High for 4 Hours  
Or Low for 6-8 Hours*



# Slow Cooker Mexican Chicken Chili

*Cook on High for 4 Hours  
Or Low for 8 Hours*



# Slow Cooker Chicken Tacos

*Cook on High for 4 Hours  
Or Low for 6-7 Hours*

