

19 Deliciously Healthy Chicken Crockpot Freezer Meals

Free printable recipes and grocery list below

Recipe List

1. [Cool Ranch Shredded Chicken Tacos](#) from New Leaf Wellness
2. [Chicken Philly Cheesesteaks](#) from New Leaf Wellness
3. [Chicken and Fresh Cranberry Sauce](#) from my [eCookbook](#) and shared for free below
4. [White Wine Chicken with Artichokes](#) from New Leaf Wellness
5. [Chicken Salad Sandwiches](#) from New Leaf Wellness
6. Tex Mex Chicken from [Thirty Handmade Days](#)
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12. [Buffalo Chicken Sliders](#) from [Thirty Handmade Days](#)
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14. Chicken Tinga from [Thirty Handmade Days](#)
15. [Ginger-Peach Chicken](#) from New Leaf Wellness
16. Italian Chicken from [my Costco freezer meal prep session](#)
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18. Lemon Garlic Chicken from [Allrecipes](#)
19. Southwestern Chicken Chili adapted from our favorite [southwestern pork chili recipe](#)

1. Cool Ranch Shredded Chicken Tacos

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 taco seasoning packet OR 1T chili powder, 1 tsp pepper, and 1/2tsp of each-salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, onion powder
- 1 ranch seasoning packet OR 1T dried parsley, 1tsp garlic powder, 1tsp onion powder, 1tsp dried onion flakes, 3/4tsp dill, 1/2tsp pepper, 1/2 tsp salt (Traditional ranch seasoning packets also include dried buttermilk. Add 1T if you have some on-hand.)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve on soft tortillas with your favorite taco toppings like shredded cheese, salsa, and guacamole.

2. Chicken Philly Cheesesteaks

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 cup chicken broth
- 2 pounds boneless skinless chicken breasts, cut into strips
- 1 small yellow onion, sliced
- 1 green bell pepper, cut into strips
- 1 red bell peppers, cut into strips
- 1/2 teaspoon black pepper
- 1 clove of garlic, minced
- 3 tablespoons corn starch

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve on rolls topped with provolone cheese. Serve with a side of sweet potato fries.

Tip: Serve the sauce from the crockpot on the side as a dip for the sandwiches.

3. Chicken and Fresh Cranberry Sauce

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts (about 6 small chicken breasts)
- 1 small yellow onion, diced (one cup)
- 12oz bag of fresh or frozen cranberries
- The zest of one navel orange
- 2 cloves garlic, minced
- 1/2 cup light brown sugar
- 2 tablespoons balsamic vinegar
- 1/4 cup ketchup
- 1/4 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with green beans.

4. White Wine Chicken with Artichokes

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 1 can of artichokes (14oz), quartered and drained
- 1 can of diced tomatoes (14.5oz), undrained
- Juice of 1 lemon
- 1/2 cup dry white wine
- 4 cloves of garlic, minced
- 1/4 cup butter
- 1 tablespoon capers (optional)
- 1 tablespoon corn starch

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Tenderize chicken.
3. To your freezer bag, add all ingredients except corn starch.
4. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4-6 hours.
3. Stir corn starch into mixture and cook an additional 1/2 hour on “low” setting.

Serve over spaghetti.

5. Chicken Salad Sandwiches

Recipe from [Thirty Handmade Days](#)

Yields: 14 mini chicken salad sandwiches or 7 large ones

Ingredients

- 2 lbs boneless skinless chicken breasts, fat trimmed
- 1/2 small yellow onion, diced (1/2 cup)
- 2 ribs of celery, diced (1/2 cup)
- 1.5 cups of mayonnaise (not needed until day of cooking)
- 1/4 teaspoon salt (not needed until day of cooking)
- 1/4 teaspoon pepper (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients except mayonnaise, salt, and pepper.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook for 4 hours on "low" setting or until chicken is cooked through and tender.
3. Shred chicken with a fork and cool to room temperature.
4. Add chicken to a bowl and mix with mayonnaise, salt, and pepper.

Spoon onto croissants and serve with fresh fruit.

6. Tex Mex Chicken

Recipe adapted from [Thirty Handmade Days](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts, cut into 1-inch-wide strips
- 1 taco seasoning packet OR 1T chili powder, 1 tsp pepper, and 1/2tsp of each-salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, onion powder
- 1 green pepper, cut into 1-inch-wide strips
- 2 red peppers, cut into 1-inch-wide strips
- 2 cups frozen corn
- 16oz jar of salsa

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on low for 6-8 hours or high for 3-4 hours.

Serve over rice, topped with shredded cheese.

7. Honey Sesame Chicken

Recipe adapted from [Damn Delicious](#)

Yields: 6 servings

Ingredients

- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 1/2 cup honey
- 1/2 cup low sodium soy sauce
- 1/4 cup ketchup
- 2 tablespoons olive oil
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon pepper
- 2 pounds boneless, skinless chicken thighs

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Top with sesame seeds and serve with steamed broccoli and rice.

8. Sweet & Sour Chicken

Recipe adapted from [Thirty Handmade Days](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 1 small yellow onion, chopped (one cup)
- 1 green bell pepper, chopped
- 1/2 cup ketchup
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 5 teaspoons Worcestershire sauce
- 1/4 cup light brown sugar
- 20oz can pineapple chunks in 100% juice, undrained
- 1 tablespoon cornstarch

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve over rice.

9. Shredded BBQ Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pound boneless, skinless chicken breasts
- 2 cups ketchup (I like Simply Heinz)
- 4 tablespoons Worcestershire Sauce
- 3 tablespoons light brown sugar
- 2 tablespoons chili powder
- 1 tablespoon hot sauce
- 1 tablespoon curry powder

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (which will be three months from the prep date).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Shred chicken and return to slow cooker to mix with remaining BBQ sauce.

Serve on sandwich rolls with a salad.

10. Chicken Black Bean Enchilada Stack

Recipe adapted from [Thirty Handmade Days](#)

Yields: 6 servings

Ingredients

- 2 lbs. boneless, skinless chicken breasts
- 2 cans black beans (15 oz), rinsed and drained
- 12oz sour cream
- 8oz cheddar cheese, shredded (about 2 cups) and divided
- 4 oz can of diced green chiles
- 2 teaspoons cumin
- 1/2 teaspoon black pepper
- 12 corn tortillas, cut into 2-inch strips

Materials

- 1 gallon-sized plastic freezer bag
- 1 quart-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (which will be three months from the prep date).
2. Add 1 cup cheese to quart-sized freezer bag.
3. In a large bowl, combine all ingredients except tortillas.
4. Fill gallon-sized freezer bag in this order:
 - a. Tortillas
 - b. Chicken mixture
5. Remove as much air as possible, seal, and freeze both bags.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4-6 hours. (Leave cheese in refrigerator.)
3. Top with shredded cheese and an additional 15 minutes or until melted.

Serve with rice.

11. Asian Chicken Lettuce Wraps

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds of ground chicken (you can also substitute ground beef or ground turkey when they're on sale at the grocery store)
- 1 medium-sized red bell pepper, diced
- 2 large carrots, grated (about 1/4 pound or 1 cup)
- 4 cloves garlic, minced
- 1/4 cup low-sodium soy sauce
- 1/4 cup ketchup
- 1 tablespoon honey
- 1/4 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on "low" setting for 4-6 hours or until chicken is tender.
3. Break apart chicken and serve.

Serve on big pieces of iceberg or Boston bibb lettuce.

12. Buffalo Chicken Sliders

Recipe adapted from [Thirty Handmade Days](#)

Yields: 20 slider-sized sandwiches

Ingredients

- 2 pounds boneless skinless chicken breasts
- 6 oz can tomato paste
- 1/2 cup hot sauce
- 1 ranch seasoning packet OR 1T dried parsley, 1tsp garlic powder, 1tsp onion powder, 1tsp dried onion flakes, 3/4tsp dill, 1/2tsp pepper, 1/2 tsp salt (Traditional ranch seasoning packets also include dried buttermilk. Add 1T if you have some on-hand.)
- 2 tablespoons red wine vinegar
- 2 tablespoons butter

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on low for 6-7 hours or on high for 4 hours.
3. Shred chicken.

Serve on buns with cheddar cheese and a side of carrot and celery sticks.

13. Chicken Fajitas

Recipe adapted from [The Humbled Homemaker](#)

Yields: 6 servings

Ingredients

- 2 pounds of boneless skinless chicken breasts, fat trimmed and sliced
- 2 red bell peppers, sliced
- 1 small yellow onion, peeled and sliced
- 2 cloves of garlic, minced
- 1 tablespoon honey
- the juice from one lime (You can substitute 1 tablespoon apple cider vinegar)
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (which will be three months from the prep date).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Shred chicken and serve with cooked onions and peppers.

Serve on soft tortillas or rice with your favorite fajitas toppings like shredded lettuce, cheese, and guacamole.

Tip: You can also cook these in a frying pan on your stovetop.

14. Chicken Tinga

Recipe adapted from [Thirty Handmade Days](#)

Yields: 6 servings

Ingredients

- 2 lbs. boneless, skinless chicken breasts (pork shoulder is also delicious)
- 1 small yellow onion, chopped (about 1 cup)
- 8 cloves of garlic, minced
- 2 (14.5 oz) cans of roasted diced tomatoes, drained
- 2 (14.5 oz) cans of tomato sauce
- 3-4 chipotle peppers (in adobe sauce)
- 1 teaspoon dried oregano
- 1/2 teaspoon cinnamon
- 1/8 teaspoon ground cloves
- 2 tablespoons light brown sugar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (which will be three months from the prep date).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on high for 8 hours or low for 4 hours.

Serve over hot rice or with warm tortillas, topped with chopped fresh cilantro (optional) and cheddar cheese.

15. Ginger-Peach Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken thighs (Chicken breasts also taste great)
- 1 cup peach jam
- 1 tablespoon low-sodium soy sauce
- 1-inch fresh ginger root, peeled and grated (If you buy a large root, you can freeze whatever is left over. I place the leftover root whole in my freezer.)
- 3 cloves garlic, peeled and minced

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with steamed broccoli and rice.

16. Italian Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 small yellow onion, diced
- 5oz fresh baby spinach
- 2 cans of tomato sauce (15oz each)
- 2 cloves of garlic, minced
- 1/4 cup honey
- 2 tablespoons olive oil
- 1 tablespoon Italian seasonings
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper flakes
- 2 pounds boneless, skinless chicken breasts

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve over spaghetti.

17. Honey Garlic Chicken and Veggies

Recipe adapted from [Damn Delicious](#)

Yields: 6 servings

Ingredients

- 2lbs boneless chicken thighs
- 1 pound baby red potatoes, halved
- 1 pound baby carrots
- 1 pound green beans, trimmed
- 1/2 cup low sodium soy sauce
- 1/2 cup honey
- 1/4 cup ketchup
- 2 cloves garlic, minced
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon ground black pepper

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” for 7-8 hours.

Serve with fresh bread.

18. Lemon Garlic Chicken

Recipe adapted from [All Recipes](#)

Yields: 6 servings

Ingredients

- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 pounds skinless boneless chicken breasts
- 2 tablespoons butter
- 1/4 cup water
- the juice from one lemon (about 3 tablespoons)
- 2 cloves garlic, minced
- 1 teaspoon chicken bouillon granules

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” for 6 hours or on “high” for 3 hours.

Serve over spaghetti with fresh chopped parsley (optional).

19. Southwestern Chicken Chili

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound chicken breasts
- 1 small yellow onion, peeled and chopped (1 cup)
- 2 ribs of celery, chopped (about one cup)
- 2 large carrots, peeled and diced (about 1/4 pound or 1 cup)
- 1 red pepper, chopped
- 14oz can of tomato sauce
- 15oz can of black beans, drained and rinsed
- 1 cup frozen corn
- 2 tablespoons light brown sugar
- 1 cup chicken broth
- 3 cloves of garlic, minced
- 2 teaspoons chili powder
- 1 teaspoon oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Cook on “low” setting for 6-8 hours or until chicken is cooked through and veggies are soft.
3. Shred chicken.

Serve topped with cheddar cheese and crushed tortilla chips.

Grocery List for all 19 Chicken Crockpot Freezer Meals

(The number next to each ingredient corresponds to its recipe number.)

Produce

- 9 small yellow onions (about 3 pounds) (2, 3, 5, 7, 8, 13, 14, 16, 19)
- 3 green peppers (2, 6, 8)
- 7 red peppers (2, 6, 11, 13, 19)
- 12oz bag of fresh or frozen cranberries (3)
- 1 navel orange for zest (3)
- 1 lime for juice (You can substitute 1 tablespoon apple cider vinegar) (13)
- 2 lemons for juice (4, 18)
- 1 bunch/stalk of celery (you need 4 ribs) (5, 19)
- 35 cloves garlic (3-4 bulbs) (2, 3, 4, 7, 11, 13, 14, 15, 16, 17, 18, 19)
- 1-inch fresh ginger root (15)
- 5oz fresh baby spinach (16)
- 1 pound baby red potatoes (17)
- 4 large carrots (about 1/2 pound) (11, 19)
- 1 pound baby carrots (17)
- 1 pound green beans (17)

Meat

- 27 pounds boneless skinless chicken breasts (1, 2, 3, 4, 5, 6, 8, 9, 10, 12, 13, 14, 16, 18, 19)
- 2 pounds of ground chicken (11)
- 6 pounds boneless, skinless chicken thighs (7, 15, 17)

Freezer

- 16oz bag frozen corn (you only need 3 cups, but can add leftover to chili) (6, 19)

Cold

- 1 stick butter (4, 12, 18)
- 12oz sour cream (10)
- 8oz cheddar cheese (about 2 cups shredded) (10)

Miscellaneous

- 1/2 cup dry white wine (4)
- 4 1/2 cups ketchup (I like Simply Heinz) (3, 7, 8, 9, 11, 17)
- 1 1/4 cup + 1 tablespoon low sodium soy sauce (7, 11, 15, 17)
- 5 teaspoons + 4 tablespoons Worcestershire sauce (8, 9)
- 12 corn tortillas (10)

Canned

- 1/2 cup + 1 tablespoon hot sauce (9, 12)
- 1 can of quartered artichokes (14oz) (4)
- 1 tablespoon capers (optional) (4)
- 16oz jar of salsa (6)
- 20oz can pineapple chunks in 100% juice (8)
- 3 cans black beans (15 oz each) (10, 19)
- 4 oz can of diced green chiles (10)
- 6 oz can tomato paste (12)
- 2 cups chicken broth (2, 19)
- 14.5oz can of diced tomatoes (4)
- 2 (14.5 oz) cans of roasted diced tomatoes (14)
- 5 cans of tomato sauce (14-15oz each) (14, 16, 19)
- 3-4 chipotle peppers (in adobe sauce) (14)
- 1 cup peach jam (15)

Baking

- 4 tablespoons corn starch (2, 4, 8)
- 1 cup + 1 tablespoon brown sugar (3, 8, 9, 14, 19)
- 1 1/4 cup + 1 tablespoon honey (7, 11, 13, 16, 17)

Oils and Vinegars

- 6 tablespoons olive oil (1, 7, 16)
- 4 tablespoons red wine vinegar (1, 12)
- 2 tablespoons balsamic vinegar (3)

Materials

- 19 gallon-sized plastic freezer bags (1-19)
- 1 quart-sized plastic freezer bag (10)

Spices

- 2 taco seasoning packets **OR** 2T chili powder, 2 tsp pepper, and 1 tsp of each-salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, onion powder (1, 6)
- 2 ranch seasoning packet **OR** 2T dried parsley, 2tsp garlic powder, 2tsp onion powder, 2tsp dried onion flakes, 1 1/4 tsp dill, 1 tsp pepper, 1 tsp salt (Traditional ranch seasoning packets also include dried buttermilk. Add 2T if you have some on-hand.) (1, 12)
- 4 teaspoons ground black pepper (2, 7, 8, 10 14, 16, 17, 18, 19)
- 1 teaspoon garlic powder (8)
- 4 teaspoons cumin (10, 13)

- 1 tablespoon curry powder (9)
- 2 teaspoons + 3 tablespoons chili powder (9, 13, 19)
- 1 teaspoon paprika (13)
- 1/2 teaspoon cinnamon (14)
- 1/8 teaspoon ground cloves (14)
- 1/2 teaspoon crushed red pepper flakes (3, 7, 11, 13, 16, 17)
- 1 tablespoon Italian seasonings (16)
- 1 teaspoon dried basil (17)
- 3 1/2 teaspoons dried oregano (14, 17, 18, 19)
- 1 1/4 teaspoons salt (8, 14, 16, 18, 19)
- 1 teaspoon chicken bouillon granules (18)

Not Needed Until Day of Cooking

- 1.5 cups of mayonnaise (5)
- 1/4 teaspoon salt (5)
- 1/4 teaspoon pepper (5)
- Suggested Side Dishes
 1. Cool Ranch Shredded Chicken Tacos – soft tortillas with your favorite taco toppings like shredded cheese, salsa, and guacamole.
 2. Chicken Philly Cheesesteaks – rolls, Provolone cheese, sweet potato fries
 3. Chicken and Fresh Cranberry Sauce – green beans
 4. White Wine Chicken with Artichokes – spaghetti
 5. Chicken Salad Sandwiches – croissants, fresh fruit
 6. Tex Mex Chicken – rice, shredded cheese
 7. Honey Sesame Chicken – sesame seeds, broccoli, rice
 8. Sweet and Sour Chicken – rice
 9. Shredded BBQ Chicken – sandwich rolls, salad
 10. Chicken Black Bean Enchilada Stack – rice
 11. Asian Chicken Lettuce Wraps – iceberg or Boston bibb lettuce
 12. Buffalo Chicken Sliders – buns, cheddar cheese, carrots, celery
 13. Chicken Fajitas – tortillas or rice, fajita toppings
 14. Chicken Tinga – rice or tortillas, fresh cilantro, cheddar cheese
 15. Ginger-Peach Chicken – broccoli, rice
 16. Italian Chicken – spaghetti
 17. Honey Garlic Chicken and Veggies – fresh bread
 18. Lemon Garlic Chicken – spaghetti, fresh parsley
 19. Southwestern Chicken Chili – cheddar cheese, tortilla chips