

Recipes from Tracy's Kitchen

Ranch Chicken

2-3 chicken breasts (cut up or whole)

1 bottle of Ranch dressing (Costco size: just use half the bottle)

1 cup of potatoes, chopped into bite size (I used the mini potatoes from Costco)

1 cup green beans (I used Costco frozen)

1 can of corn

1 cup of carrots, chopped into bite size

Combine all ingredients in a freezer bag and freeze.

Thaw in fridge the night before cooking.

When placing in the Crockpot be sure the chicken is on the bottom.

Add about a cup of water so the potatoes don't dry out. *This may not be necessary as the original recipe called for dehydrated "au gratin potatoes".

Cook 6 hours on low or 4 hours on high.

Italian Chicken

2-3 chicken breasts (cut up or whole)

1 bottle of Italian dressing

1 cup of potatoes, chopped into bite size (I used the mini potatoes from Costco)

1 cup green beans (I used Costco frozen)

1 can of corn

1 cup of carrots, chopped into bite size

Combine all ingredients in a freezer bag and freeze.

Thaw in fridge the night before cooking.

When placing in the Crockpot be sure the chicken is on the bottom.

Add about a cup of water so the potatoes don't dry out. *This may not be necessary as the original recipe called for dehydrated "au gratin potatoes".

Cook 6 hours on low or 4 hours on high.

Pineapple Chicken

2-3 Chicken breasts (cut up or whole)

1 can of pineapple chunks with juice

1 bottle of sweet and sour sauce

1 can of mini corn – drained

2 cups of quarter size bell peppers in all colours

Combine all ingredients in a freezer bag and freeze.

Thaw in the fridge the night before cooking.

Cook 6 hours on low or 4 hours on high.

Serve over rice.

Pesto Chicken

2-3 chicken breasts (cut up or whole)

2 cups of green beans

1 small jar of pesto (Costco jar: only use half)

Place all ingredients in a freezer bag and freeze.

Thaw in fridge the night before cooking.

Cook 6 hours on low or 4 hours on high.

Serve over rice or pasta.

Stew

1 cup of stew meat

1 cup of carrots, chopped

1 can of corn

1 cup of green beans (can be frozen)

1 cup of onion, chopped

1 cup of potatoes, chopped

Place all ingredients in a freezer bag and freeze.

Thaw in fridge the night before cooking.

Cook 6 hours on low or 4 hours on high.

Serve with your favourite bun to soak up all the juices!