

# 8 Easy Freezer Meals in one hour!

I love the simple life and great meals don't have to take too much time. Here are 8 of the easiest chicken freezer meals you can create in one hour. I have a family of five so these portions are perfect for us. If you have a larger family you can double the amounts or add a few more pieces of chicken if necessary.

## Shopping List

- 40 Chicken Breasts
- 1 packet of Ranch Dry Dressing Mix
- Brown Sugar
- Small Jar of Minced Garlic
- 1 Bottle of Teriyaki Sauce
- 1 Bottle of Italian Dressing
- 1 Bottle of Red Hot Wing Sauce
- 1 Bottle of Lemon Juice
- 1 Bottle of BBQ Sauce
- Olive Oil
- Lemon Juice
- 1 Bottle of Mesquite with Lime Juice Marinade
- 1 Bottle of Honey Mustard BBQ Sauce
- Butter
- Parsley Flakes
- 1 Jar of Salsa
- Salt and Pepper
- 8 Ziploc Storage Bags

# Teriyaki Chicken

## Ingredients

- 5 Chicken Breasts (cut up into pieces)
- 1 Bottle of Teriyaki Sauce
- 1 Cup of Water
- 2/3 Cup Brown Sugar
- 3 Cloves Garlic, Minced

## Directions

1. Add all of the ingredients into a Ziploc bag and mash the ingredients together.
2. Get all of the air out of the bag and close.
3. Put in freezer until needed.

## To Cook:

1. Thaw out in the fridge overnight.
2. Dump the ingredients out of the Ziploc bag into a crock pot and cook on low for 4-6 hours.

# Crock Pot Buffalo Ranch Chicken

## Ingredients

- 5 Chicken Breasts
- 1 Bottle of Franks Red Hot Wing Sauce
- 1 oz. Dry Ranch Dressing Mix
- 2 Tbsp. Butter

## Directions

4. Add all of the ingredients into a Ziploc bag and mash the ingredients together.
5. Get all of the air out of the bag and close.
6. Put in freezer until needed.

## To Cook:

3. Thaw out in the fridge overnight.
4. Dump the ingredients out of the Ziploc bag into a crock pot and cook on low for 4-6 hours.

# Lemon Garlic Chicken

## Ingredients

- 5 Chicken Breasts
- 1-2 TSP Minced Garlic
- ¼ Cup Olive Oil
- 1 Tbsp. Parsley Flakes
- 2 Tbsp. Lemon Juice

## Directions

7. Add all of the ingredients into a Ziploc bag and mash the ingredients together.
8. Get all of the air out of the bag and close.
9. Put in freezer until needed.

## To Cook:

5. Thaw out in the fridge overnight.
6. Dump the ingredients out of the Ziploc bag into a crock pot and cook on low for 6-8 hours on low or 4-6 on high.

# Italian Crock Pot Chicken

## Ingredients

- 5 Chicken Breasts
- 1 Bottle of Italian Dressing

## Directions

10. Add all of the ingredients into a Ziploc bag and mash the ingredients together.
11. Get all of the air out of the bag and close.
12. Put in freezer until needed.

## To Cook:

7. Thaw out in the fridge overnight.
8. Dump the ingredients out of the Ziploc bag into a crock pot and cook on low for 4-6 hours.

# BBQ Chicken

## Ingredients

- 5 Chicken Breasts (cut up into pieces)
- 1 Bottle of BBQ Sauce

## Directions

13. Add all of the ingredients into a Ziploc bag and mash the ingredients together.
14. Get all of the air out of the bag and close.
15. Put in freezer until needed.

## To Cook:

9. Thaw out in the fridge overnight.
10. Dump the ingredients out of the Ziploc bag into a crock pot and cook on low for 4-6 hours.

# Crock Pot Salsa Chicken

## Ingredients

- 5 Chicken Breasts
- 2 Cups Salsa
- Salt and Pepper to Taste

## Directions

16. Add all of the ingredients into a Ziploc bag and mash the ingredients together.
17. Get all of the air out of the bag and close.
18. Put in freezer until needed.

## To Cook:

11. Thaw out in the fridge overnight.
12. Dump the ingredients out of the Ziploc bag into a crock pot and cook on low for 4-6 hours.

# Honey Mustard Chicken

## Ingredients

- 5 Chicken Breasts
- 1 Bottle of Honey Mustard BBQ Sauce

## Directions

19. Add all of the ingredients into a Ziploc bag and mash the ingredients together.
20. Get all of the air out of the bag and close.
21. Put in freezer until needed.

## To Cook:

13. Thaw out in the fridge overnight.
14. Dump the ingredients out of the Ziploc bag into a crock pot and cook on low for 4-6 hours.



# Mesquite with Lime Juice Chicken

## Ingredients

- 5 Chicken Breasts
- 1 Bottle of Mesquite with Lime Juice Marinade

## Directions

22. Add all of the ingredients into a Ziploc bag and mash the ingredients together.
23. Get all of the air out of the bag and close.
24. Put in freezer until needed.

## To Cook:

15. Thaw out in the fridge overnight.
16. Dump the ingredients out of the Ziploc bag into a crock pot and cook on low for 4-6 hours.

