

HONEY GARLIC CHICKEN

Thaw freezer bag in the fridge overnight.

Place in slow cooker and cook on high for 3-4 hours or on low for 6-8.

Once the chicken is fully cooked, shred it with forks.

Add in 1/2 tablespoon of cornstarch to the slow cooker and whisk to blend.

Cover and thicken for 5-10 minutes.

Serve with your favorite grain and steamed vegetables.

CHICKEN ENCHILADA CASSEROLE

Thaw freezer bag in the fridge overnight.

Place in slow cooker and add 1 cup of water.

Cook on high for 3-4 hours or on low for 6-8.

Once the chicken is fully cooked, shred or chunk it with forks.

Top with avocado, cheese, or Greek yogurt/sour cream. Serve with pineapple slices or mango slices alongside.

APPLE BBQ PORK TENDERLOIN

Thaw freezer bag in the fridge overnight.

Place in slow cooker and cook on high for 3-4 hours or on low for 6-8.

Serve with your favorite accompaniments: potatoes, rice, salad, cole slow, more of the chunky applesauce, etc.

TERIYAKI PORK CHOPS

Thaw freezer bag in the fridge overnight.

Place in slow cooker and cook on high for 4-5 hours or on low for 6-7.

Serve with your favorite accompaniments.