

Chicken Freezer Prep List & Recipes

Grocery List and Pre-Workshop Prep Instructions

This meal plan is used with all boneless, skinless chicken breast. However, if your dietary needs or financial budget wants to change it to thighs or bone in for certain recipes, please do! The Hickory Smoked Chicken and Maple Glazed Chicken would do great with bone-in chicken breasts or thighs. The Sesame Honey chicken in the slow cooker will work just as well with boneless chicken thighs. Please substitute what is best for you and your family.

These meals are created for serving 4 people in general. Using smaller bags and pans will allow for smaller serving sizes. For example, instead of using a 9x13 foil pan, a 9" round foil pan can be used to hold fewer pieces of chicken.

PROTEIN –

**Have the butcher begin cutting the meat at the beginning of the shopping trip. The butcher will have time to trim and cut the meat for you. This is a huge time-saver!

___ Chicken Chunks (1" pieces) – 3 and ½ pounds

___ Chicken Chunks (Large) – 2 lbs.

___ Chicken tenders or chicken breast strips – 4 pounds

___ Chicken breasts – 20 breasts (equal to roughly 10 pounds)

Grocery List

Chicken is listed above.

Produce:

___ 1 cup frozen corn

___ 1 onion, diced

___ 1 lime

___ 1/2 red onion, sliced

Pantry Staples:

___ 1/2 cup flour

___ salt and pepper

___ ½ cup honey

___ ¼ cup lemon juice

___ ½ cup soy sauce

- ___ instant rice (1 cup + ½ cup)
- ___ 2 Tb. butter
- ___ ¼ cup maple syrup
- ___ ¼ cup apple cider vinegar
- ___ 3 cups chicken broth (low sodium preferred) (½ cup + 1 and ½ cups + 2 cups)

Miscellaneous:

- ___ 1 can (15 oz.) black beans
- ___ 2 cans (14 oz. each) diced tomatoes
- ___ 2 cans (4 oz.) green chilis (or 1 for less spice)
- ___ 1/4 cup dried cranberries
- ___ 1/2 cup whole cranberry sauce or cranberry sauce or cranberry jam
- ___ 3 Tb. rice wine vinegar
- ___ 1 jar (18 oz) spaghetti sauce
- ___ 1 can pineapple chunks
- ___ 1 cup shredded mozzarella cheese

Spices and Oils:

All of these are Wildtree Products. I use Wildtree because none of the products contain additives, preservatives and other icky ingredients. But, due to financial constraints I understand that not everyone can get them. I have included my substitutions in parentheses based on the ingredient list on the Wildtree product. Or you can buy them from me. And that is okay, too. ;-)

- ___ Lemon Pepper -
- ___ Dried Sage or fresh sage
- ___ Onion Powder
- ___ European Dipping Oil – Tuscan (Olive oil, minced garlic, salt and pepper)
- ___ Garlic and Herb Blend (Garlic powder, parsley, dill, basil and chives; or store bought)
- ___ Fajita Seasoning (Premade from recipe or purchased at store)** See Recipe for Notes
- ___ Grapeseed Oil (Olive Oil) (2 Tb)
- ___ Hickory Smoked Grapeseed Oil (1 tsp. hickory liquid smoke and Olive oil)
- ___ Smoky Bacon Grapeseed Oil (optional)
- ___ Red Bell Pepper and Garlic Blend (bell pepper, coriander, garlic powder, red bell pepper powder)
- ___ Roasted Garlic Grapeseed Oil (1 clove minced garlic per 1 Tb. Olive oil)
- ___ Rodeo Rub (favorite grilling rub)
- ___ Garlic Galore (minced garlic and onion, garlic powder, salt, chives, parsley, basil and pepper)
- ___ Onion and Chive Blend (minced onion, onion powder, chives)
- ___ Rancher Steak Rub (favorite steak rub)

- 18 plastic Freezer bags
- 3 Foil pans (9x13 size)

Maple Glazed Chicken

Serves 4

Bag 1:

2 lbs. chicken breast (boneless or bone in), cut large chunks
salt
2 Tb. grapeseed or olive oil

2 apples – cut into wedges (Add later and not in bag)

Bag 2:

½ red onion, cut into wedges
1 tsp. dried sage or ¼ cup fresh and torn sage leaves

Bag 3:

½ cup chicken broth
¼ cup maple syrup
¼ cup apple cider vinegar

2 large bags; 2 small bags

To make: Heat large skillet over medium to high heat. Cook chicken until browned – 5 minutes. Turn over. Add bag #2 with apples. Reduce heat to medium. Stir and cook chicken until done. Remove chicken and cook apple/onion 2 more minutes. Add Bag #3 to skillet with pinch of salt. Boil 2-3 minutes. Add chicken back to skillet. Coat and cook 2 minutes.

Lemon Pepper Chicken Fingers

serves 4-6

Bag 1:

2 lbs. chicken tenders or chicken breast strips
1 teaspoon Lemon Pepper
½ cup flour
1 teaspoon salt

Bag 2:

2 Tb. European Dipping Oil – Tuscan
¼ cup honey
¼ cup lemon juice
1 Tb. soy sauce
2 Tb. butter

2 large bags; 1 small bag

To Make: Preheat oven to 350 degrees. Put contents of bag #2 in microwave safe bowl. Heat to melt butter and stir. Prep 9x13 with cooking spray or nonstick foil. Put coated chicken in dish. Pour sauce on top. Bake – not covered – about 20 minutes or until chicken is done. Turn chicken pieces over in pan. Broil 2 minutes to brown chicken.

Chicken Tuscan Luau

serves 4-6

Bag #1 or Foil Pan:

2 lbs. chicken breast in 1" pieces
1 and ½ Tb. red bell pepper and garlic blend
2 Tb. European Dipping Oil – Tuscan
2 tsp. lemon pepper

In Bag #2 (or #1 with foil pan):

1 cup pineapple chunks
½ cup pineapple juice from the chunks can
1 cup rice
1 and ½ cups chicken broth

To assemble: Put the chicken in the pan. Put down layer of foil and press down. Put bag on top. Seal the whole thing with foil and wrap with plastic wrap.

To Make: Preheat oven to 350 degrees. Add the bag ingredients to the pan. Mix. Cover and bake 1 hour. Uncover. Mix. Bake 20-30 minutes.

Chicken with Tomato and Mozzarella

Serves 4-6

Bag or Foil Pan:

4-6 chicken breasts
1 Tb. smoky bacon grapeseed oil (optional)
1 jar (18 oz.) spaghetti sauce
salt and pepper to taste

1 cup mozzarella cheese, shredded

To assemble: If using a foil pan, simply prep the pan and pour spaghetti sauce in pan. Add chicken. Top chicken with cheese. Or if using bags, place chicken, sauce and seasoning in 1 bag. Place cheese in another bag. Put both bags in 1 large bag.

To Make: Bake in preheated oven at 375 degrees for 25 minutes or chicken is done.

Italian Chicken Tenders

serves 5-6

Bag #1:

2 lbs. chicken tenders or breasts cut into strips
2 Tb. Roasted Garlic Grapeseed oil
2 teaspoons garlic and herb blend
salt and pepper

To Make: Grill or bake at 350 degrees for 15-20 minutes.

Fajita Chicken Soup

Bag #1:

3 chicken breasts, cut into 1" cubes
2 Tb. Roasted Garlic Grapeseed Oil
1 Tb. Fajita seasoning**

Bag #2:

1 onion, diced
1 can (15 oz.) black beans, drained and rinsed
2 cans (14.5 oz) diced tomatoes, not drained or Rotel or Rotel with lime and cilantro
1 Tb. Fajita seasoning**
1 cup frozen corn
2 cans (14 oz.) chicken broth

Bag #3:

½ cup instant rice, uncooked

To Make: Add Bag #1 to large pot and cook chicken through. Add bag #2 and bring to boil. Add bag #3. Cover and simmer 20 minutes.

**This is really spicy with the Wildtree Fajita seasoning. Here is the blend that I use in my chicken soups:

1 and ½ tsp. cumin
1 tsp. chili powder
½ tsp. garlic powder
½ tsp. salt

Hickory Grilled Chicken

serves 4-6

Bag #1:

4-6 chicken breasts
2 Tb. Hickory Smoked Grapeseed Oil
2 Tb. Rodeo Rub

At Cooking time: ½ lime

To Make: Grill for 5-7 minutes. OR, Cook on stovetop for 10 minutes in skillet. Squeeze lime juice on top after cooking is done.

Baked Cranberry Chicken

4-6 servings

Bag or Foil Pan:

1 and ½ lbs. chicken breast
½ teaspoon Rancher Steak Rub

Bag:

½ cup cranberry sauce or jam
1 Tb. garlic galore blend
1 Tb. onion and chive blend
¼ cup dried cranberries

To Make: Preheat oven to 350 degrees. Add bag of sauce on top of the chicken in a pan. Bake uncovered 40 minutes or until chicken is 165 degrees internally.

Sesame Honey Chicken

serves 4-6

Bag #1:

2 lbs. chicken breast
pepper

Bag #2:

1/3 cup soy sauce
¼ cup honey
3 Tb. rice wine vinegar
2 garlic cloves, minced or pressed
1 Tb. water
1 tsp. onion powder

At cooking time: 1 heaping Tb. cornstarch and ¼ cup water with sesame seeds and chopped scallions

To Make: Add chicken to slow cooker. Add bag #2. Cook on low 3-4 hours. Take out the chicken and shred. In a bowl, mix the cornstarch and water together. Add that to the sauce left in the slow cooker. Cook 15- 20 minutes on High. Add the shredded chicken back to the slow cooker. Mix that all up and put over rice or lettuce. Top with sesame seeds and scallions.