



Shopping List

FRESH PRODUCE

- ☐ Celery, 3 stalks
- ☐ Garlic, 12 cloves
- ☐ Grated fresh ginger, 2 tablespoons
- ☐ Limes, 3.5
- ☐ Sweet potatoes, 2 medium
- ☐ Yellow onion, 3

FROZEN FOODS

- ☐ Yellow corn, 2 cups

REFRIGERATED FOODS

- ☐ Orange juice, 4 fluid ounces

MEAT

- ☐ Beef stew meat, 1.5 pounds
- ☐ Boneless pork shoulder, 4-5 pounds
- ☐ Boneless, skinless chicken breasts (or thighs), 14 pounds
- ☐ Chuck roast, 3 pounds

PANTRY

- ☐ Apple cider vinegar, 3 fluid ounces (6 tablespoons)
- ☐ Black beans, 1 (16-ounce) can
- ☐ Bourbon, 3 tablespoons
- ☐ Chicken broth, 124 fluid ounces
- ☐ Chili garlic sauce, 1 tablespoon
- ☐ Coconut aminos, 20 fluid ounces
- ☐ Coconut sugar (or brown sugar or honey), 5 tablespoons
- ☐ Diced hot or mild green chiles, 1 (4 ounce) can
- ☐ Full-fat canned coconut milk, 2 cups
- ☐ Honey, 2 tablespoons
- ☐ Salsa verde, 12 fluid ounces

- ☐ Sesame oil, 3 tablespoons + 1 teaspoon
- ☐ Tomato paste, 2 tablespoons
- ☐ Tomato sauce, 22 fluid ounces (2¾ cups)
- ☐ Unseasoned rice wine vinegar, 2 tablespoons
- ☐ White beans, 1 (15-ounce) can

SEASONINGS

- ☐ Bay leaves, 4 leaves
- ☐ Chili powder, 1 tablespoon + 2 teaspoons
- ☐ Chipotle chili powder, 1 tablespoon
- ☐ Dried oregano leaves, 1 tablespoon + 2 teaspoons
- ☐ Dried thyme, ½ teaspoon
- ☐ Garam masala, 1 tablespoon
- ☐ Garlic powder, 1 tablespoon + ½ teaspoon
- ☐ Ground black pepper, 1¾ teaspoons
- ☐ Ground cloves, ½ teaspoon
- ☐ Ground coriander, ½ teaspoon
- ☐ Ground cumin, 2 tablespoons
- ☐ Ground ginger, 2 teaspoons
- ☐ Onion powder, 2 teaspoons
- ☐ Red pepper flakes, ¼ teaspoon
- ☐ Sea salt, 1 tablespoon + 1 tablespoon + 1¾ teaspoons
- ☐ Turmeric powder, 1 tablespoon + 1 teaspoon



 SERVES 6           

Healing Chicken Soup with Ginger and Turmeric

This is a great crock pot freezer meal to have on hand in case unexpected illness hits, and it makes for a flavorful, comforting meal.



Healing Chicken Soup with Ginger and Turmeric

Freeze these ingredients together:

- ☐ 1 small onion, diced
- ☐ 3 stalks of celery, diced
- ☐ 3 cloves of garlic, minced
- ☐ 1 tablespoon fresh grated ginger
- ☐ 2 medium sweet potatoes, skinned and cut into 1-inch cubes (about 1 pound)
- ☐ 2 pounds boneless, skinless chicken breast, cut into 1-inch cubes
- ☐ 5 cups chicken broth or bone broth (use 4 cups if using the Instant Pot method)
- ☐ ½ teaspoon dried chopped thyme
- ☐ ½ teaspoon coarse sea salt
- ☐ ¼ teaspoon black pepper
- ☐ 1 bay leaf
- ☐ 2 teaspoons turmeric
- ☐ 1 cup full-fat coconut milk

To freeze this meal, place the onion, celery, garlic, ginger, sweet potatoes, and chicken breasts in the bottom of your container. Then, whisk together the broth, thyme, salt, pepper, bay leaf, turmeric, and coconut milk and pour over the chicken and vegetables. Seal, label, and freeze.

To make the soup:

INGREDIENTS NEEDED

- ☐ 1 head lacinato kale, de-stemmed and roughly chopped
- ☐ 2 tablespoons lemon juice (about 1 lemon)

CROCK POT METHOD

- 1 Defrost soup in a bowl of water in the refrigerator overnight.
- 2 Add frozen ingredients to the slow cooker and cook on low for 8 hours or on high for 4 hours.
- 3 In the last 10 minutes of cooking, add 1 bunch of de-stemmed and chopped lacinato kale. Cook for 10 minutes, then stir in lemon juice and serve.

INSTANT POT METHOD

- 1 Set the frozen ingredients out for about 30 minutes before making, and run under hot water to ensure you can get them out of their container.
- 2 Place the ingredients in the Instant Pot, then secure the lid and set to cook on high pressure for 15 minutes.
- 3 Let the pressure release naturally, then remove the lid, set the pot to 'saute' mode, and stir in the kale. Cook for 2-3 minutes, until the kale is bright green and wilted, then stir in the lemon juice and serve!



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Teriyaki Chicken

This teriyaki chicken is quick to prepare and sure to be a family favorite! Keep some frozen broccoli and cauliflower rice in your freezer to make it a complete meal.



Teriyaki Chicken

Freeze these ingredients together:

- ☐ 1 cup coconut aminos
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons lime juice
- ☐ 1 teaspoon sesame oil
- ☐ 1 teaspoon ground ginger
- ☐ ½ teaspoon garlic powder
- ☐ ½ teaspoon coarse sea salt
- ☐ 2 pounds boneless, skinless chicken thighs or breasts

To freeze this meal, place the chicken in the bottom of your container, then whisk together the remaining ingredients and pour it over top. Freeze until ready to use.

To make the Teriyaki Chicken:

INGREDIENTS NEEDED

- ☐ 1 tablespoon of arrowroot or cornstarch
- ☐ White, brown, or cauliflower rice, for serving
- ☐ Steamed broccoli, for serving
- ☐ Sesame seeds, for garnish (optional)

CROCK POT METHOD

- 1 Defrost in a bowl of water in the refrigerator overnight.
- 2 Add frozen ingredients to slow cooker and cook on low for 8 hours or on high for 4 hours, until the chicken pulls apart easily with a fork.
- 3 Remove the chicken from the pot, then shred with two forks, or using the paddle attachment with your stand mixer.
- 4 To thicken the sauce, transfer it to a small saucepan over medium heat. Whisk together the arrowroot with 2 tablespoons of water, then stir it into the sauce. Let the sauce come to a bubble until it is thickened.
- 5 Pour the sauce over the chicken and toss to coat. Serve over rice with steamed broccoli alongside.

INSTANT POT METHOD

- 1 Set the frozen ingredients out for about 30 minutes before making, and run under hot water to ensure you can get them out of their container.
- 2 Place ingredients in the Instant Pot, then seal and set to cook for 18 minutes if fully thawed, and 25 minutes if still partially frozen. Allow the pressure to release naturally, then remove the chicken, shred with two forks, and set the pot to 'saute' mode.
- 3 Whisk together the arrowroot and 2 tablespoons of water, then stir into the sauce. Let the sauce come to a boil and thicken, then turn off the pot. Toss the chicken with the sauce and enjoy!



 SERVES 4          

Creamy White Chicken Chili

This chicken chili is easy to make, has just a hint of spice from the diced green chilis, a bit of sweetness from the corn, a smoky hint of bacon, and a creamy broth thanks to sour cream, and is a great meal to have stocked in your freezer!



Creamy White Chicken Chili

Freeze these ingredients together:

- ☐ 1 yellow onion, diced
- ☐ 2 teaspoons minced garlic
- ☐ 1 (4-ounce) can diced hot or mild green chilis, drained (depending on preference)
- ☐ 1 teaspoon dried oregano leaves
- ☐ 1 teaspoon coarse sea salt
- ☐ ½ teaspoon ground cumin
- ☐ ½ teaspoon ground black pepper
- ☐ 5 cups chicken broth (use 4 cups for Instant Pot)
- ☐ 2 pounds boneless, skinless chicken breast or thighs
- ☐ 1 (15-ounce) can white beans, rinsed and drained
- ☐ 1 cup frozen yellow corn

To freeze this meal, place the chicken, yellow onion, minced garlic, drained green chilis, white beans, and yellow corn in the bottom of your container. Then, whisk together the dried oregano, sea salt, ground cumin, black pepper, lime juice, and chicken broth and pour it over top. Seal, label, and freeze.

To make the White Chicken Chili:

INGREDIENTS NEEDED

- ☐ Juice of 1 lime
- ☐ ½ cup sour cream
- ☐ 1 avocado, sliced, for garnish (optional)
- ☐ ¼ cup fresh chopped cilantro, for garnish (optional)
- ☐ 4 lime wedges (from ½ lime), for garnish (optional)

CROCK POT METHOD

- 1 Defrost in a bowl of water in the refrigerator overnight.
- 2 Add ingredients to the slow cooker and cook on low for 8 hours or on high for 4 hours.
- 3 When the chili is finished cooking, remove the chicken from the pot and shred it with two forks, then return it to the pot and stir in the sour cream and lime juice.
- 4 Garnish each serving with avocado slices, cilantro, sour cream, and a lime wedge and enjoy!

INSTANT POT METHOD

- 1 Set the frozen ingredients out for about 30 minutes before making, and run under hot water to ensure you can get them out of their container.
- 2 Place the ingredients in the Instant Pot, then seal to cook and set to cook on high pressure for 18 minutes if fully defrosted, or 25 minutes if still partially frozen.
- 3 Once the time is up, let the pot naturally release pressure for at least 10 minutes before turning the valve to “venting” to manually release the rest of the pressure.
- 4 Remove the chicken from the pot and shred it with two forks, then return it to the pot and stir in the sour cream, lime juice, and bacon. Garnish each serving with avocado slices, cilantro, sour cream, and a lime wedge and enjoy!



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Salsa Chicken

This Salsa Chicken is perfect for a quick weeknight meal and can be eaten in a variety of ways: on top of a salad, in tacos, or in a burrito bowl!



Salsa Chicken

Freeze these ingredients together:

- ☐ 2 pounds boneless, skinless chicken thighs or breasts
- ☐ 1 ½ cups salsa verde
- ☐ ½ teaspoon sea salt

To freeze this meal, place the chicken in the bottom of your container. Then, whisk together the salsa verde and sea salt and pour it over top of the chicken. Seal, label, and freeze.

To make the Salsa Chicken:

INGREDIENTS NEEDED

- ☐ Fresh chopped cilantro, for garnish
- ☐ Sliced red onion, for garnish

CROCK POT METHOD

- 1 Defrost in a bowl of water in the refrigerator overnight.
- 2 Add frozen ingredients to the slow cooker and cook on low for 8 hours or on high for 4 hours, until the chicken pulls apart easily with a fork.
- 3 Shred the chicken with two forks.

INSTANT POT METHOD

- 1 Set the frozen ingredients out for about 30 minutes before making, and run under hot water to ensure you can get them out of their container. Place the ingredients in the Instant Pot and set to cook on high pressure for 18 minutes if fully defrosted, or 25 minutes if still partially frozen.
- 2 Once the timer goes off, manually release the pressure by turning the valve on the Instant Pot from “sealed” to “venting”.
- 3 Once all the steam has been released, remove the lid from the pot and shred the chicken with two forks. You can eat it as-is, garnished with cilantro and red onion, or use it as a filling for tacos or in burrito bowls!



 SERVES 4           

Chicken Tikka Masala

This Instant Pot Chicken Tikka Masala comes together quickly and is packed with flavor, making it the perfect weeknight meal to have on hand in the freezer.



Chicken Tikka Masala

Freeze these ingredients together:

- ☐ 2 pounds boneless, skinless chicken thighs or breasts, cut into 1-inch cubes
- ☐ 2 tablespoons tomato paste
- ☐ 14 ounces tomato sauce
- ☐ 1 cup full-fat coconut milk
- ☐ 1 tablespoon garam masala
- ☐ 2 teaspoons turmeric powder
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon ground ginger
- ☐ ½ teaspoon ground coriander
- ☐ ½ teaspoon ground cumin
- ☐ ½ teaspoon fine sea salt
- ☐ ¼ teaspoon red pepper flakes

To freeze this meal, whisk together the tomato paste, tomato sauce, coconut milk, and spices, and pour into the container. Add the cubed chicken, then seal, label, and freeze.

To make the Salsa Chicken

INGREDIENTS NEEDED

- ☐ 3 tablespoons fresh lime juice (about 1 ½ limes)
- ☐ White rice or cauliflower rice, for serving
- ☐ Fresh chopped cilantro, for garnish
- ☐ Fresh sliced jalapeno, for garnish

CROCK POT METHOD

- 1 Defrost the Tikka Masala ahead of time, either in a bowl of water in your refrigerator overnight if using a freezer bag, or by refrigerating for 24 hours if using a glass container.
- 2 Once ready to make, dump all of the previously frozen ingredients into your slow cooker and cook on low for 8 hours or on high for 4 hours.
- 3 Stir in the lime juice. Then, serve over white rice or cauliflower rice and garnish with cilantro and jalapeno.

INSTANT POT METHOD

- 1 Set the frozen ingredients out for about 30 minutes before making, and run under hot water to ensure you can get them out of their container.
- 2 Place the ingredients in the Instant Pot and set to “meat/stew” for 18 minutes if thawed, or 25 minutes if partially frozen.
- 3 Once the timer goes off, manually release the pressure by turning the valve on the Instant Pot from “sealed” to “venting,” then stir in the lime juice. Serve over white or cauliflower rice, garnish with cilantro and jalapeno, and enjoy!



 SERVES 5 FF GF GR IP LC 1P SC

Creamy Chicken Tortilla Soup

Made with just a few simple ingredients in the crock pot or Instant Pot, this soup is SO flavorful, and you can easily customize it to your liking with different toppings.



Creamy Chicken Tortilla Soup

Freeze these ingredients together:

- ☐ 5 cups chicken broth
- ☐ 8 ounces tomato sauce
- ☐ 1 tablespoon chili powder
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon dried oregano leaves
- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon garlic powder
- ☐ ½ teaspoon coarse sea salt, to taste
- ☐ 2 pounds boneless, skinless chicken thighs (may use breasts if desired)
- ☐ 1, 16 ounce can black beans, rinsed and drained (omit for Paleo and Low Carb)
- ☐ 1 cup frozen corn (omit for Paleo and Low Carb)

To freeze this meal, place the chicken, black beans, and corn in the bottom of your container. Then, whisk together the chicken broth, tomato sauce, chili powder, cumin, oregano, onion powder, garlic powder, and sea salt and pour it over top. Seal, label, and freeze.

To make the Tortilla Soup:

INGREDIENTS NEEDED

- ☐ ½ cup sour cream, or an equal amount of cream from the top of a can of full-fat coconut milk for dairy-free
- ☐ 2 tablespoons lime juice
- ☐ 3 corn tortillas, or two grain-free tortillas
- ☐ 3 tablespoons avocado oil or ghee
- ☐ Diced red onion, for garnish
- ☐ Additional sour cream, for garnish
- ☐ 1 jalapeno, thinly sliced

CROCK POT METHOD

- 1 Defrost in a bowl of water in the refrigerator overnight.
- 2 Add ingredients to the slow cooker and cook on low for 8 hours or on high for 4 hours.
- 3 Once the soup is finished cooking, remove the chicken from the pot and shred with two forks, then add it back to the pot.
- 4 Stir the sour cream and lime juice into the soup.
- 5 Cut the tortillas into thin strips and heat the oil in a small pan over medium-high heat. Once it is hot, add the tortilla strips. Cook 3-5 minutes, stirring frequently, until crisp.
- 6 Serve the soup garnished with the tortilla strips, sour cream, and jalapeno.

INSTANT POT METHOD

- 1 Set the frozen ingredients out for about 30 minutes before making, and run under hot water to ensure you can get them out of their container.
- 2 Place the ingredients in the Instant Pot and set to cook for 18 minutes if fully thawed, or 25 minutes if still partially frozen.
- 3 While the soup cooks, cut the tortillas into thin strips and heat the avocado oil in a small pan over medium-high heat. Once the oil is hot, add the tortilla strips. Cook 3-5 minutes, stirring frequently, until crisp.
- 4 Once the Instant Pot timer goes off, manually release the pressure by turning the valve from “sealed” to “venting,” then remove the chicken and shred with two forks. Return the chicken to the Instant Pot, and stir in the sour cream and lime juice. Serve with tortilla strips, avocado, red onion, sour cream, and jalapeno.



SERVES 6-8



Slow Cooker Barbacoa

This barbacoa is super easy, and once the slow cooker (or Instant Pot) does its magic, you'll be left with tender, flavorful barbacoa ready for tacos, stuffed potatoes, or even scooped on top of a salad.



Slow Cooker Barbacoa

Freeze these ingredients together:

- ☐ 1 teaspoon fine sea salt
- ☐ ½ teaspoon ground black pepper
- ☐ 1 tablespoon ground cumin
- ☐ 1 tablespoon chipotle chili powder
- ☐ 1 tablespoon dried Mexican oregano leaves
- ☐ ½ teaspoon ground cloves
- ☐ 1 (3-pound) chuck roast, cut into 8 large chunks
- ☐ 4 cloves garlic minced
- ☐ 3 bay leaves
- ☐ ¼ cup apple cider vinegar
- ☐ ¼ cup fresh lime juice (about 2 limes)

To freeze this meal, place the chuck roast and garlic in the bottom of your container. Then, whisk together the apple cider vinegar, lime juice, sea salt, black pepper, cumin, chili powder, oregano, cloves, and bay leaves and pour it over top. Seal, label, and freeze.

To make the Barbacoa:

INGREDIENTS NEEDED

- ☐ 1 lime, quartered, for garnish
- ☐ Chopped fresh cilantro, for garnish

CROCK POT METHOD

- 1 Defrost in a bowl of water in the refrigerator overnight.
- 2 Add frozen ingredients to the slow cooker and cook on low for 8 hours or on high for 4 hours.
- 3 When finished cooking, turn the crock pot to high and whisk together the cornstarch and water. Stir the cornstarch mixture into the pot and let cook for about 15 minutes, until the sauce has thickened.

INSTANT POT METHOD

- 1 Set the frozen ingredients out for about 30 minutes before making, and run under hot water to ensure you can get them out of their container.
- 2 Place the ingredients in the Instant Pot and set to “manual” for 60 minutes. After 60 minutes is up, let the pressure release naturally (about 20 minutes), then remove the lid from the pot.
- 3 Pull out and discard the bay leaves and then, working in the Instant Pot, use two forks to shred the beef. Stir it in the juices, serve, and enjoy!



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Beef and Broccoli

This healthy beef and broccoli dish is perfect to have stocked in your freezer to satisfy those weeknight take-out cravings!



Beef and Broccoli

Freeze these ingredients together:

- ☐ 1 onion, diced
- ☐ 3 cloves garlic, minced
- ☐ 1 tablespoon fresh ginger, grated (or 1 teaspoon ground ginger)
- ☐ 1 ½ pounds beef stew meat
- ☐ ½ cup coconut aminos
- ☐ ½ cup chicken broth
- ☐ 2 teaspoons toasted sesame oil
- ☐ 2 tablespoons unseasoned rice wine vinegar
- ☐ 1 tablespoon coconut sugar
- ☐ ¼ teaspoon coarse sea salt

To freeze this meal, place the stew meat, onion, and garlic in the bottom of your container. Then, whisk together the chicken broth, coconut aminos, toasted sesame oil, rice wine vinegar, coconut sugar, ginger, and sea salt and pour it over top. Seal, label, and freeze.

To make the Beef and Broccoli:

INGREDIENTS NEEDED

- ☐ 3 tablespoons cornstarch
- ☐ Cooked broccoli florets (we use a steamable bag)
- ☐ Prepared rice (cauliflower or white)

CROCK POT METHOD

- 1 Defrost in a bowl of water in the refrigerator overnight.
- 2 Add frozen ingredients to slow cooker and cook on low for 8 hours or on high for 4 hours.
- 3 When finished cooking, turn the crock pot to high and whisk together the cornstarch and water. Stir the cornstarch mixture into the pot and let cook for about 15 minutes, until the sauce has thickened.
- 4 Serve over steamed broccoli and rice of choice.

INSTANT POT METHOD

- 1 Set the frozen ingredients out for about 30 minutes before making, and run under hot water to ensure you can get them out of their container.
- 2 Place the ingredients in the Instant Pot and set to “manual” (high pressure) for 15 minutes if fully thawed, or 20 minutes if still partially frozen.
- 3 Once the timer goes off, immediately release the pressure from the pot by setting the valve to “venting,” then remove the lid and set the Instant Pot to “saute” mode.
- 4 Whisk together the cornstarch and ¼ cup of water and stir it into the pot. Let the mixture come to a low boil and thicken. Once the sauce has thickened, serve over steamed broccoli and either white or cauliflower rice.



SERVES 8



Slow Cooker Carnitas

These slow cooker carnitas are my absolute favorite way to make easy, flavorful carnitas with minimal effort!



Slow Cooker Carnitas

Freeze these ingredients together:

- ☐ 1 tablespoon fine sea salt
- ☐ 2 teaspoons chili powder
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon garlic powder
- ☐ ½ teaspoon ground black pepper
- ☐ ½ cup orange juice
- ☐ 1, 4-5 pound boneless pork shoulder, cut into 4-5 equally-sized pieces

To freeze this meal whisk together the salt, chili powder, cumin, garlic powder, and black pepper in a large bowl, then add the pork shoulder pieces and toss to coat. Place the pork in a large Ziplock bag, or other container, then pour in the orange juice. Seal, label, and freeze.

To make the Slow Cooker Carnitas:

INGREDIENTS NEEDED

- ☐ 2 tablespoons salted butter, ghee, or coconut oil
- ☐ ¼ cup fresh lime juice
- ☐ ¼ cup coarsely chopped fresh cilantro leaves, for garnish
- ☐ Corn tortillas, for serving

CROCK POT METHOD

- 1 Defrost the carnitas ahead of time, either in a bowl of water in your refrigerator overnight if using a freezer bag, or by refrigerating for 24 hours if using a glass container.
- 2 Once ready to make, dump all of the previously frozen ingredients into your slow cooker and cook on low for 8 hours or on high for 4 hours.
- 3 Preheat the oven to 425°F.
- 4 When the pork is finished, transfer it to a cutting board or large mixing bowl, and shred it into small chunks using two forks.
- 5 Melt the butter and pour it over the shredded pork along with the lime juice. Spread the pork out on a rimmed baking sheet, and roast for 15 to 20 minutes, or until the tops just start to crisp.
- 6 Remove from the oven, garnish with cilantro, and serve in warmed tortillas.

INSTANT POT METHOD

- 1 Set the frozen ingredients out for about 30 minutes before making, and run under hot water to ensure you can get them out of their container.
- 2 Place the ingredients in the Instant Pot and set to cook on high pressure for 90 minutes. Once the timer goes off, let the pressure release naturally.
- 3 When the pork is finished, transfer it to a cutting board or large mixing bowl, and shred it into small chunks using two forks.
- 4 Melt the butter and pour it over the shredded pork along with the lime juice. Spread the pork out on a rimmed baking sheet, and roast for 15 to 20 minutes, or until the tops just start to crisp.
- 5 Remove from the oven, garnish with cilantro, and serve in warmed tortillas.



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Bourbon Chicken

This bourbon chicken is one of my favorite meals ever! A combination of tender chicken and sticky-sweet sauce, you'll be so glad to find this one in your freezer.



Bourbon Chicken

Freeze these ingredients together:

- ☐ 2 pounds boneless, skinless chicken thighs
- ☐ 1 cup coconut aminos
- ☐ 3 tablespoons bourbon
- ☐ ¼ cup coconut sugar, brown sugar, or honey
- ☐ 1 tablespoon chili garlic sauce
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 teaspoon sesame oil

To freeze this meal, place the chicken thighs in the bottom of your freezer bag or other container. Add the remaining ingredients to a small bowl and whisk to combine. Pour the sauce over the chicken, then seal, label, and freeze it.

To make the Bourbon Chicken:

INGREDIENTS NEEDED

- ☐ 1 ½ tablespoons cornstarch or arrowroot starch
- ☐ Red pepper flakes, for garnish
- ☐ Rice of choice, for serving

CROCK POT METHOD

- 1 Defrost in a bowl of water in the refrigerator overnight.
- 2 Add frozen ingredients to slow cooker and cook on low for 8 hours or on high for 4 hours.
- 3 When finished cooking, turn the crock pot to high and whisk together the cornstarch and water. Stir the cornstarch mixture into the pot and let cook for about 15 minutes, until the sauce has thickened.
- 4 Shred the chicken with two forks, then stir in the sauce.
- 5 Serve the chicken over white rice, garnished with red pepper flakes.

INSTANT POT METHOD

- 1 Set the frozen ingredients out for about 30 minutes before making, and run under hot water to ensure you can get them out of their container.
- 2 Place the ingredients into the Instant Pot and cook for 18 minutes on high pressure, if fully defrosted, or 25 minutes if still partially frozen.
- 3 After the timer goes off, manually release the pressure and remove the chicken from the pot and shred with two forks.
- 4 Set the pot to 'saute' mode again, then whisk together the cornstarch with 1/4 cup of water, until there are no lumps. Once the sauce is bubbling, whisk in the cornstarch mixture. Let it cook for 2-3 minutes, until the sauce is thickened, then turn off the heat.
- 5 Return the chicken to the pot and stir it to coat with the sauce. Serve over white rice garnished with red pepper flakes.

Nutrition Facts

**Pulled from individual recipes. Nutrition facts are per serving!

Healing Chicken Soup with Ginger and Turmeric

Serves 6
Calories - 402
Fat - 16.9
Carbohydrates - 23.5
Protein - 40.2

Teriyaki Chicken

**Nutrition facts include white rice

Serves 4
Calories - 606
Fat - 8.7
Carbohydrates - 82.8
Protein - 46.9

Creamy White Chicken Chili

Serves 4
Calories - 546
Fat - 19.9
Carbohydrates - 40.3
Protein - 53

Salsa Chicken

Serves 5
Calories - 230
Fat - 4.8
Carbohydrates - 2.4
Protein - 40.8

Chicken Tikka Masala

**Nutrition facts do NOT include white rice

Serves 4
Calories - 438
Fat - 21.9
Carbohydrates - 11
Protein - 47.7

Creamy Chicken Tortilla Soup

Serves 5
Calories - 551
Fat - 22.3
Carbohydrates - 39.8
Protein - 50.5

Slow Cooker Barbacoa

**Nutrition facts for 6 servings

Serves 6-8
Calories - 390
Fat - 20.1
Carbohydrates - 5.5
Protein - 45.7

Beef and Broccoli

**Nutrition facts do NOT include white rice

Serves 5
Calories - 318
Fat - 12.6
Carbohydrates - 21.5
Protein - 28.8

Slow Cooker Carnitas

Serves 8
Calories - 400
Fat - 22.2
Carbohydrates - 3.1
Protein - 44.8

Bourbon Chicken

**Nutrition facts do NOT include white rice

Serves 5
Calories - 382
Fat - 8.4
Carbohydrates - 34.3
Protein - 35.7