

slow cooker

CHICKEN ENCHILADA CASSEROLE

FREEZER BAG INGREDIENTS

1.5 lbs. boneless, skinless chicken breast
1 15-oz. can pinto beans, strained and rinsed
2 cups minute brown rice
1 large green pepper, chopped
1 large yellow pepper, chopped
½ large yellow onion, chopped
1 tablespoon minced garlic
3 cups enchilada sauce
½ tablespoon Frank's hot sauce (or apple
cider vinegar)
salt, to taste

COOKING INGREDIENTS

1 cup water

FREEZER BAG DIRECTIONS

1. Place all ingredients for the Slow Cooker Chicken Enchilada Casserole into a freezer safe gallon-sized bag and mix.
2. Remove as much air from the bag as possible and seal tightly.
3. Freeze for up to 3 months.

COOKING DIRECTIONS

1. Thaw freezer bag in the fridge overnight.
2. Once thawed, place contents of the bag in slow cooker and add 1 cup of water. Stir.
3. Cover slow cooker and cook on high for 3-4 hours or on low for 6-8.
4. Once the chicken is fully cooked, remove and chunk. Then, add chicken back in and mix.
5. Serve with Greek yogurt, avocado, cheese, or any topping of your choice!

