



## Ginger-peach chicken

### Description

#### Freeze in a bag:

2-lb boneless, skinless chicken thighs or breasts

12-ounce bag of frozen peach slices

1 red onion, sliced

2 tablespoons brown sugar

2 tablespoons soy sauce

1 tablespoon freshly grated ginger

2 teaspoons ground coriander

Cook on high for 4-5 hours.

Serve with rice.

#### Beef fajitas

Freeze in a bag:

2-lb boneless beef chuck shoulder roast

2 bell peppers, sliced

1 small onion, sliced

2 cloves garlic, minced

1 tablespoon honey

Juice from 1 lime

1 tablespoon chili powder

2 teaspoons cumin

1 teaspoon paprika

1/4 teaspoon crushed red pepper flakes

Cook on low for 8 hours. Shred beef with two forks.

Serve with warm tortillas, fresh sour cream and guacamole.

#### Potato and corn chowder

Freeze in a bag:

24-ounces red potato, diced

16-ounce package frozen corn

3 tablespoons all-purpose flour

1 teaspoon dried thyme

1 teaspoon dried oregano

1/2 teaspoon garlic powder

1/2 teaspoon onion powder  
salt and pepper to taste

You also need:

6 cups chicken stock  
2 tablespoons unsalted butter  
1/4 cup heavy cream

Pour in chicken stock and mix. Cook on low for 8 hours. Stir in butter and heavy cream.

Serve with warm bread

### **Beef stroganoff**

Freeze in a bag:

1-lb stew meat  
1-lb sliced baby bella mushrooms  
1 onion, diced  
1½ cup apple juice

1 tablespoon beef stock base

2 teaspoons salt

1 teaspoon black pepper

2 cloves garlic, minced

Add 1 cup of water to ingredients, and cook on low for 8 hours. Stir in 1 cup of sour cream.

Serve with egg noodles or rice.

### **Chicken with apple and sweet potato**

Freeze in a bag:

1-lb boneless chicken, cubed  
2 sweet potatoes, peeled and diced  
1 cup unsweetened apple sauce  
1/2 cup onion, chopped  
2 cloves garlic, minced  
2 tsp apple cider vinegar  
1 tbsp curry powder

1/2 tsp ground ginger

salt and pepper to taste

Cook on low for 8 hours.

Serve with rice.

### **Chicken alfredo**

Freeze in a bag:

3-lb Chicken Breasts  
2 cans Cream of Chicken Soup  
1 Italian Dressing Mix  
8 oz Cream Cheese

Add 2 cups water to the ingredients and cook on low 6-8 hours.

Serve with fettucini noodles.

### **Split pea soup**

Freeze in a bag:

1 lb dry split peas  
2 cups of diced bacon  
1 large yellow onion, diced  
1 cup celery, chopped  
2 cups carrots, chopped

3 cloves of garlic, minced  
1/2 teaspoon thyme  
2 bay leaves

You also need:

32-oz of chicken broth

Add 2 cups water and chicken broth to ingredients and cook on low for 7-8 hours.

### **Meatballs and tomato sauce**

Freeze in a bag:

One bag frozen or homemade meatballs

28-ounce can crushed tomatoes

2 tsp dried Italian seasoning

Cook on high 3-4 hours

Serve with spaghetti noodles.

### **Shredded beef tacos**

Freeze in a bag:

2 1.5-lb chuck roast

2 tsp chicken bullion

1.5 tbsp Chili Powder

1½ tsp Cumin

1½ tsp Garlic Powder

salt and pepper to taste

Add 2 cups of water to ingredients and cook on low for 6-8 hours. Shred beef with two forks.

Serve with taco shells, sour cream, salsa, guacamole and shredded cheese.

### **Chicken noodle soup**

Freeze in a bag:

1-lb boneless skinless chicken breasts, cubed

1/2 lb carrots, peeled and diced

1 cup celery, diced

1 small yellow onion, diced

1 teaspoon garlic powder

1 teaspoon dried basil

1 teaspoon dried oregano

1 bay leaf

1/4 teaspoon pepper

You also need:

8 oz wide egg noodles

8 cups chicken broth

Add 8 cups of chicken broth to ingredients and cook on low for 6-8 hours. Add 8 oz of wide egg noodles and cook for additional 30 minutes. Remove bay leaf before serving.

### **Category**

1. Grandma Recipes

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