

Slow Cooker Salsa Chicken Freezer Meal

Another super easy recipe- this actually makes 2 meals. I like to make it in the morning, make one for that day, and freeze the second part for later! It works great as filling for tacos, added to bowls with rice and toppings, or just eaten with chips! Take your pick!

Serves: 16

Prep Time: 5 minutes

Cook Time: 6-8 hours

Yield: Lots

8 chicken breasts

2 (15-ounce) cans black beans

2 (15-ounce) cans corn

2 (15-ounce) cans petite diced tomatoes

1 jar salsa

1 packet taco seasoning mix

Prepare your freezer bag by labeling, dating, and writing instructions on the outside of the bag (or bags, if freezing both portions).

Divide everything between two portions- half in a bag large ziplock bag, and the second half to either a crock pot or another freezer bag. Flatten and freeze for up to 6 months.

Before using, thaw at least enough to be able to fit into your crock pot. Cook for 8 hours on low, or until chicken shreds easily. Serve over rice, in a tortilla, or however you like! I love to top with cheese, serve as a salad, in a tortilla with a little sour cream, or as a dip for chips! Enjoy!

