

FREEZER CROCKPOT COOKING

SHOPPING LIST

RECIPES- TEXAS CHOWDER, CHICKEN CACCIATORE, CHICKEN ALFREDO & HONEY ROSEMARY CHICKEN

*THIS LIST MAKES ONE BATCH OF EACH RECIPE. TO MAKE MORE MEALS, MULTIPLY ACCORDINGLY.

5 LBS BONELESS, SKINLESS CHICKEN BREASTS/THIGHS
3 CUPS CHICKEN STOCK
4 YUKON GOLD POTATOES
2-3 STRIPS BACON
1/2 STICK BUTTER
2 CARROTS
2 CELERY STALKS
2 ONIONS
1 ZUCCHINI
2 GREEN PEPPERS
1 GARLIC CLOVE
3 T FRESH ROSEMARY
1 PACKAGE FROZEN YELLOW CORN
1 PACKAGE FROZEN BROCCOLI
1 CAN SLICED MUSHROOMS
1 JAR SPAGHETTI SAUCE (CHUNKY, VEGGIE STYLE)
2 JARS LIGHT ALFREDO SAUCE

THINGS TO BUY IF YOU DON'T HAVE ON HAND-

FLOUR, MILK, SALT, PEPPER, CORN STARCH, BALSAMIC VINEGAR, HONEY, OLIVE OIL