

ISSUE 57



A pinch of this & a dash of that

MEGAN'S WEEKLY RECIPES

This week:

- FREEZER BAG ITALIAN CHICKEN

Freezer Bag Italian Chicken

INGREDIENTS

- Freezer bag: 2 lbs chicken breasts cut into 1-2 inch pieces, or boneless chicken thighs
- 3 cloves garlic, minced
- 4 leaves fresh basil, chopped or 1 tsp dried basil
- 1 tsp dried rosemary ½ red onion, diced
- A few shakes salt and pepper
- 2 tablespoons olive oil
- Add later: 1 15 oz can tomato sauce
- 1 15 oz can diced tomatoes

DIRECTIONS

1. Add chicken, garlic, basil, rosemary and red onion, salt and pepper, and olive oil to a 1-2 gallon resealable freezer bag. Squish and shake to combine all ingredients.
2. Place bag in refrigerator overnight for cooking the next day/night or place in freezer if not cooking for awhile.
3. When ready to cook, dump contents of bag into a large skillet pan over medium heat and cook for 15 minutes until chicken is cooked on the outside and onions and garlic are slightly browned. Add tomato sauce and diced tomatoes and simmer for another 15-20 minutes. Or pour into a crockpot, add tomato sauce and diced tomatoes and set crockpot to low for 4-5 hours or high for 2-3 hours. Serve with rice or pasta.