



Just Peachy Chicken

Preparation time: 30 minutes

Thawing time: 24 hours (1 day in the refrigerator)

Cooking time: 4-8 hours in a slow cooker

Number of servings: 4

Ingredients

- 1 pound chicken breasts or thighs
- 1 15-ounce can peaches in juice or water
- 4 medium-sized carrots
- 1-inch chopped fresh ginger or ½ teaspoon ground ginger
- 1 Tablespoon lite (reduced sodium) soy sauce
- 1 Tablespoon chopped garlic or 1 teaspoon garlic powder



Supplies

- 1 cutting board
- 1 knife to chop the carrots and ginger
- 1 vegetable peeler
- Measuring spoons
- 1 1-gallon freezer bag
- Crock pot for cooking



Instructions

1. Gather your ingredients.
2. Gather your supplies.
3. Wash your hands with soap and warm water for 20 seconds.
4. Dry hands with a paper towel or clean towel.
5. Open freezer bag.
6. Label with the recipe name and date.
7. Wash carrots and 1 inch of ginger (if using fresh ginger).
8. Peel carrots (and ginger) with a peeler.
9. Cut off ends of carrots.
10. Chop carrots into bite-size pieces.
11. Add carrots to the freezer bag.
12. Chop ginger into tiny pieces.
13. Add chopped ginger (or ½ teaspoon powdered ginger) to the freezer bag.
14. Measure out 1 Tablespoon of chopped garlic or 1 teaspoon garlic powder.
15. Add garlic or garlic powder to the freezer bag.
16. Measure out 1 Tablespoon of lite soy sauce.
17. Add soy sauce to the freezer bag.
18. Add chicken breasts to the freezer bag.
19. Open the can of peaches.
20. Add the peaches (and juice) to the freezer bag.
21. Wash your hands with soap and warm water for at least 20 seconds.
22. Dry with paper towels or a clean towel.
23. Release air from the freezer bag and close tightly.
24. Gently mix the ingredients in each bag.
25. Freeze bags flat in your freezer for up to 3 months.

To Cook

1. Place your freezer bag in the refrigerator in a bowl or container.
2. Thaw overnight.
3. Place in a 4 or 6-quart slow cooker (or crock pot).
4. Cook 4 hours on high or 8 hours on low.
5. Turn off the slow cooker when the time is finished. Enjoy!



Just Peachy Chicken		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	275.1	
	% Daily Value*	
Total Fat	5.3 g	7 %
Saturated Fat	1.5 g	7 %
Trans Fat	0.1 g	
Cholesterol	96.4 mg	32 %
Sodium	309.2 mg	13 %
Total Carbohydrate	19.1 g	7 %
Dietary Fiber	3.2 g	11 %
Total Sugars	13.8 g	
Added Sugars	0 g	0 %
Protein	36.9 g	
Vitamin D	0.1 mcg	1 %
Calcium	44.4 mg	3 %
Iron	1.9 mg	11 %
Potassium	623.9 mg	13 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>