

Chicken Broccoli Alfredo

Crock Pot Freezer Meal

Serves 4-6 people:

To Prep Ahead and Freeze:

- 4-6 breasts (cut each one in half)
- 1 16 oz bag frozen broccoli florets
- 1-2 jars Alfredo Sauce (try and use light)
- 1 large red pepper (or color of your choice)
- 4 ounces of sliced mushrooms (canned or fresh)
- 3 garlic cloves (minced)
- 1 tablespoon avocado oil

Add to Crock Pot:

- Nothing

Label the bag:

Empty contents into Crock Pot. Cook on low for 8 hours. High for 4 hours.

Instructions:

Combine all ingredients listed under 'To Prep Ahead and Freeze' in a gallon size freezer bag or Re-usable freezer bag. Label and freeze up to 3 months.