

# 3 Dinners Mini Menu #6- Crockpot Edition

## Grocery List

Chicken Breasts (5lb)  
Sweet Chili Sauce  
Pineapple (20oz)  
Peppers & Onions (20oz)  
White Rice  
Salsa Verde  
Lime (x1)  
Flour Tortillas  
Corn (14.5oz)  
Marinara Sauce (20-24oz)  
Pasta (any shape)  
Green Beans (14.5oz)  
Mozzarella Cheese  
Optional:  
Avocado

## Sweet Chili Pineapple Chicken with Peppers & Rice

1.5-2lbs chicken breasts  
1 /2 cup sweet chili sauce  
20oz can pineapple chunks  
1-2 cups frozen peppers & onions  
1 cup dry white rice  
2 cups water

1. Add chicken, sweet chili sauce, pineapple (with juice), and the frozen pepper & onion blend. Stir to combine.
2. Cook on low for 6-7 hours or high for 3-4 hours, until the chicken is tender. Shred or slice the chicken and mix back into the sauce.
3. Closer to dinner time, make rice on the stovetop. Combine rice and water, bring to a boil, reduce heat, cover, and let simmer for 10-15 minutes until tender.
4. Serve chicken and veggies over the cooked rice.

## Cheesy Tomato Chicken Pasta

1.5-2lbs chicken breasts  
24oz marinara sauce  
1 cup frozen peppers & onions (chopped)  
favorite seasonings  
7-8oz pasta (any shape)  
mozzarella cheese  
14.5oz green beans

1. Add chicken, marinara sauce, peppers & onions, and favorite seasonings to a crockpot.
2. Cook on low for 6-7 hours or high for 3-4 hours until chicken is fully cooked and tender.
3. Closer to dinner time, boil pasta in water until tender and drain.
4. Shred or chop the chicken and stir it back into the sauce. Add cooked pasta to the crockpot. Top with shredded mozzarella cheese and put lid on. Let cook another 10-20 minutes to melt the cheese.
5. Serve cheesy pasta with green beans on the side.

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## Salsa Verde Chicken Tacos with Lime Rice

1.5-2lbs chicken breasts  
3/4-1 cup salsa verde  
favorite seasonings  
1 cup dry white rice  
2 cups water  
1 lime (juice & zest)  
1 pack of tortillas  
14.5oz corn  
Optional: Avocado

1. Add chicken, salsa verde, and favorite seasonings (I usually go with cumin, salt, and pepper). Stir to coat.
2. Cook on low for 6-7 hours or high for 3-4 hours until chicken is tender. Shred the chicken and stir it back into the sauce.
3. Closer to dinner time, make rice on the stovetop. Combine rice and water, bring to a boil, reduce heat, cover, and let simmer for 10-15 minutes until tender. Finish with lime zest and juice.
4. Serve shredded chicken in tortillas with corn and rice. Optional: Top with avocado