

One Hour: 8 Chicken Freezer Meals

Assembly Instructions

1. Prep your bags by printing out our ready-to-print labels or using a sharpie marker to label each bag with recipe name, date prepared, and cooking instructions.
2. **Sweet Asian Chicken Assembly**: Place the gallon freezer bags in a medium size bowl and fold the top over the edges to make it easier to fill the bags. In a medium size bowl, combine $\frac{2}{3}$ cup brown sugar, $\frac{2}{3}$ cup soy sauce, and juice from 2 medium lime. Divide 4 lbs of chicken and sauce evenly among two freezer bags. Add 1 tablespoon minced garlic and $\frac{3}{4}$ teaspoon crushed red pepper in each bag. Seal and freeze.
3. **Dijon Chicken Assembly**: Place the gallon freezer bags in a medium size bowl and fold the top over the edges to make it easier to fill the bags. In a medium size bowl, combine $\frac{2}{3}$ cup Dijon mustard, $\frac{1}{4}$ cup olive oil, and $\frac{1}{2}$ cup vinegar. Divide 4 lbs of chicken and sauce evenly among two freezer bags. Add $\frac{3}{4}$ teaspoon crushed red pepper to each bag. Seal and freeze.
4. **Orange Chicken Assembly**: Place the gallon freezer bags in a medium size bowl and fold the top over the edges to make it easier to fill the bags. In a medium size bowl, combine 2 cups chicken broth, 1 cup freshly squeezed orange juice, 1 cup brown sugar, $\frac{2}{3}$ cup white vinegar, $\frac{1}{2}$ cup soy sauce, 1 teaspoon Sriracha, $\frac{1}{2}$ teaspoon pepper. Cut approximately 4 pounds of chicken into 1" pieces. Divide 4 lbs of chicken evenly among two freezer (gallon) bags. Add $\frac{2}{3}$ cup of sauce, 1 teaspoon minced garlic and $\frac{1}{2}$ of the orange zest to each bag. Remaining sauce, divide equally in two freezer (quart) bags. Place the chicken bag and the additional sauce bag within another gallon bag. Seal and freeze.
5. **Panko-Pecan Crusted Chicken Tenders Assembly**: Place the gallon freezer bags in a medium size bowl and fold the top over the edges to make it easier to fill the bags. In a medium size bowl, combine 1 $\frac{1}{3}$ cup honey, $\frac{2}{3}$ cup spicy brown mustard, $\frac{1}{2}$ cup olive oil, 2 teaspoon salt, and 2 teaspoon pepper. Divide equally among each bag. Divide 4 lbs chicken tenderloins evenly among two freezer (gallon) bags. Combine 2 cups panko and 6 ounces finely ground pecans. Divide evenly among two freezer (quart) bags. Place chicken bag and crust bag within another gallon bag. Seal and freeze.