

Teriyaki Chicken



Shopping list:

- 4 frozen chicken breasts
- 1 medium bag of carrots
- 1 red onion, cut into chunks
- 2 large cans of pineapple (un-drained)
- 4 garlic cloves
- 1 cup teriyaki sauce
- 2—gallon freezer bags

Prep:

1. Slice chicken into cubes.
2. Mix together all ingredients.
3. Split ingredients into two bags and freeze.

Cook:

1. When ready to eat, thaw overnight in refrigerator.
2. Add additional 1/4 cup teriyaki sauce to slow cooker.

Cook on low for 6-7 hours or on high for 3-4 hours. Serve over hot rice.