

10 Delicious Chicken Crockpot Recipes That Are Made With Fruit (Freezer-Friendly!)

	1lb fruit	2T fat	2T acid	1T flavor	1tsp flavor
1. Sweet Blueberry Chicken	Blueberries	Butter	Balsamic vinegar	Maple syrup	Oregano
2. Strawberry Basil Chicken	Strawberries (sliced)	Extra virgin olive oil	Red wine vinegar	Basil	Pepper
3. Moroccan Date Chicken	Dried dates (pitted and diced)	Extra virgin olive oil	Lemon juice	Peeled and minced ginger root	Cumin
4. Ginger Peach Chicken	Peaches (peeled and sliced)	Extra virgin olive oil	Lime juice	Minced garlic	Peeled and minced ginger root
5. Raspberry Garlic Chicken	Raspberries	Extra virgin olive oil	Balsamic vinegar	Minced garlic	Pepper
6. Cherry Curry Chicken	Cherries	Coconut milk	Diced tomatoes	Cinnamon	Curry powder
7. Orange Mango Chicken	Mangoes (peeled and sliced)	Butter	Orange juice	Minced garlic	Peeled and minced ginger root
8. Savory Apple Chicken	Apples (peeled and sliced)	Butter	Apple cider vinegar	Minced garlic	Pepper
9. Balsamic Pear Chicken	Pears (peeled and sliced)	Bleu cheese	Balsamic vinegar	Fresh thyme	Pepper
10. Sugared Grapefruit Chicken	Grapefruit (peeled and separated)	Butter	Apple cider vinegar	Light brown sugar	Fresh mint

Directions: Combine all ingredients in a gallon-sized plastic freezer bags with 1-2 pounds of chicken breasts. Freeze up to three months. Thaw. Add to crockpot and cook 8 hours on "low" setting.

Grocery List For All 10 Recipes

(The number next to each ingredient corresponds to its recipe number.)

Produce

- 1 pound blueberries (1)
- 1 pound strawberries (2)
- 1 pound peaches (4)
- 1 pound raspberries (5)
- 1 pound cherries (6)
- 1 pound mangoes (7)
- 1 pound apples (8)
- 1 pound pears (9)
- 1 pound pink grapefruit (10)
- 4 tablespoons minced garlic (3, 4, 5, 7)
- 1 tablespoon and 2 teaspoons peeled and minced ginger root (3, 4, 7)
- 2 tablespoons fresh lemon juice (3)
- 2 tablespoons fresh lime juice (4)
- 2 tablespoons diced tomatoes (6)
- 1 teaspoon fresh mint (10)
- 1 tablespoon fresh thyme (9)

Meat

- 10-20 pounds boneless skinless chicken breasts (1-10)

Cold

- 8 tablespoons butter (1 stick) (1, 7, 8, 10)
- 2 tablespoons bleu cheese (9)
- 2 tablespoons orange juice (7)

Oils and Vinegars

- 6 tablespoons balsamic vinegar (1, 5, 9)
- 4 tablespoons apple cider vinegar (8, 10)
- 2 tablespoons red wine vinegar (2)
- 8 tablespoons extra virgin olive oil (2, 3, 4, 5)

Miscellaneous

- 1 pound dried medjool dates (3)
- 2 tablespoons coconut milk (6)
- 1 tablespoon brown sugar (10)
- 1 tablespoon maple syrup (1)

Spices

- 1 teaspoon curry powder (6)
- 1 tablespoon cinnamon (6)
- 4 teaspoons black pepper (2, 5, 8, 9)
- 1 teaspoon oregano (1)
- 1 teaspoon cumin (3)
- 1 tablespoon basil (2)

Materials

- 10 gallon-sized plastic freezer bags (1-10)

Suggested Side Dishes

- rice (1-10)