Crockpot Mississippi Chicken

Recipe makes 6 meals

Ingredients

- **3 Boneless Skinless Chicken Breasts, 8 oz each**
- **12 oz Instant Mashed Potatoes**
- **8 oz Pepperoncinis, drained**
- **1 oz pack Au Jus Gravy Mix**
- **1 oz pack Ranch Seasoning**
- **1 medium Yellow Onion, diced**
- **1 cup Beef Broth**
- **1/2 Tbsp Garlic Powder**
- **Salt and Pepper to taste**

Nutrition Profile

- per meal -

SPICY

Calories – 365
Fat – 6g
Carbohydrates – 47g
Protein – 29g
*Fiber – 3g

Estimated Cost Per Meal

$2.38

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<u>Instructions</u>

1. Start by adding your 3 chicken breasts to your crockpot, along with your diced onion, Au Jus gravy mix, ranch seasoning, 1/2 Tbsp garlic powder, 1 cup beef broth, and 8 oz of pepperoncinis. You can add more or less pepperoncinis depending on your desired level of heat. If you are not sure, you can add less now and add more to fit your preference once it's done cooking. Place your lid on and cook on low and slow for at least 4 hours.

2. When your chicken is almost done cooking, prepare your mashed potatoes according to the instructions on the package. When they are done, portion them out into your meal containers.

3. Once your chicken is cooked through and shreds easily, shred it using the back of two forks, or your preferred method.

4. Taste your chicken and add salt and pepper to taste.

5. Portion your chicken out on top of your mashed potatoes.

6. Enjoy!

<u>Notes</u>

- For anybody that wants to prepare just the chicken (no mashed potatoes), the calories and macros for all of the crockpot contents are below. To get the calories and macros per serving, simply divide these numbers by 6.

  Calories - 872
  Fat - 6g
  Carbs - 42g
  Protein - 147g
  Fiber - 6g

- You can get creative with this meal and bulk it up significantly with veggies of choice. You can throw fresh veggies or even frozen veggies in the crockpot with your chicken, or simply serve them on the side. Adding veggies in the crockpot may reduce the flavor a little, so adding another ranch seasoning pack and/or Au Jus packet may help with that.

- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.

- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.