

## Chili

2 cans chili beans  
1 can black beans, rinsed and drained  
1 can diced tomatoes  
1 can rotel  
peppers and onions, chopped  
½ envelope chili seasoning  
1# ground beef

Put all in a freezer bag. Thaw overnight in the fridge, cook on low 6-8 hours in the crockpot.

Serve with crackers, shredded cheese, chopped onion and sour cream.

## **creamy italian chicken**

### **in the bag:**

1 large chicken breast  
1 (4 oz) cream cheese, softened  
1 can cream of chicken  
1 dry packet of Italian seasoning

### **to cook:**

cook on low for 4-6 hours