

Crockpot Tomato Basil Chicken

Ingredients:

- 2 boneless chicken breasts (1-2lbs)
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 1 15oz. can diced tomatoes
- 1 24oz jar marinara sauce
- 1 5oz. Bagged fresh baby spinach
- 1 1.25oz packet of Mr Dash Seasoning Blend Tomato, Garlic and Basil

Instructions:

1. Label a gallon sized freezer storage bag
2. Add all ingredients- *add seasoning first and chicken last so that the meat ends up in the bottom of the crockpot and the seasoning tops all other ingredients
3. Seal and freeze laying flat or standing

Cooking:

1. Thaw in fridge overnight or in sink full of water in morning
2. Cook on low for 6-8 hours or on high for four hours
3. Serve with rice or pasta of your choice