

# CHICKEN BROCCOLI ALFREDO

RECIPE FROM: Six Sisters' Stuff

COOK TIME: 4-6 hours on LOW

SERVES: 4

## INGREDIENTS

- 1 ½ lb chicken breasts
- 1 (16 oz) bag frozen broccoli florets
- 2 (16 oz) jars Alfredo sauce
- 1 large green pepper, chopped
- 1 (4 oz) can sliced mushrooms, drained

## DIRECTIONS

1. Place ingredients in a labeled gallon-sized freezer bag and mix together.
2. Freeze for up to three months.
3. When ready to eat, remove from freezer and thaw in fridge for 24 hours.
4. Empty ingredients into a slow cooker and cook on LOW for 4-6 hours.

**OPTIONAL:** Serve with cooked fettuccine noodles and green salad.