

Crock Pot Creamy Chicken and Broccoli



With only four ingredients,
Sunday dinner can be ready
in about two minutes!

Hey! Anybody else not want to cook dinner tonight?! Yeah, me too.

How about two minutes of prep. Four ingredients. Three hours of cooking. Two minutes to serve.

How much easier can this get?!

We went to a late afternoon baseball game today and it's that four o'clock game time that totally interrupts dinner. RANT: With my son's allergies, baseball fields make me crazy—everyone loves their peanuts and crackerjacks and littering the floor, the field and the play area with peanut shells. (PSA: Please consider putting your shells on a napkin or back in the bag instead of making someone else clean up your mess and putting all the allergens in the air! I'm sure my kid is

not the only one at such high risk.) So dinner at the game isn't really a viable option.

I avoided the "gimme gimme gimmes" by getting snow cones at the game and already had dinner going in the crock pot. Two minutes after we walked in the door after our team's victorious win, dinner was on the table. THIS IS HOW YOU DO FAMILY DINNER.



Keep these items in your pantry and freezer so dinner can be ready with only a few minutes of prep.

The four ingredients I used were ones I keep in my pantry and freezer all the time... not specifically for this recipe, but because they are practical ingredients that can be used in an amazing number of ways. Add them to your grocery list and keep them on hand.

To victorious wins— on the field and at the dinner table!

(Disclaimer: you could do this with a fresh rotisserie chicken and just take the meat off the bones and throw it in. You could also do this with frozen boneless, skinless chicken breasts, you would just need to cook it for twice as long. I prefer the already cooked frozen non-breaded chicken breast strips just to make it even easier.)

Crock Pot Creamy Chicken and Broccoli

Serves 4

3 cups frozen grilled chicken breast strips

1 1 lb. bag frozen broccoli

1 14 oz. can cream-style corn

1 10.5 oz. can cream of chicken soup

Put all ingredients in the crock pot and give it a quick stir. Cook on low for three hours (meat is already cooked through before it thaws and heats in the crock pot, so this is not a concern). Serve over rice (I use [this brown rice](#) that is ready in 90 seconds.)