

Lemon Garlic Chicken

Ingredients:

- 4-5 chicken breasts
- ½ teaspoon paprika
- ½ - 1 teaspoon salt
- ½ - 1 teaspoon ground black pepper freshly ground
- ¼ cup olive oil (can use half butter)
- ½ cup onion
- 4 teaspoons garlic
- ½ cup chicken broth/stock
- 2 Tablespoons lemon juice
- 3oz of capers
- **SPRINKLE ON AFTER COOKING:** 1 Tablespoon parsley flakes

1. Add all ingredients to a gallon sized freezer bag and smooch with your hands.

MAKE IT NOW: Transfer contents to either the instant pot or crockpot and cook as directed below.

MAKE IT A FREEZER MEAL: Seal bag or container, removing as much air as possible and freeze.

COOK IN INSTANT POT: From frozen, add contents into an instant pot. Add 1/4 cup water. Cook for 10 minutes at high pressure then allow 10 minutes for natural release. From thawed or freshly made, transfer into an instant pot. Cook for 9 minutes at high pressure, allow 10 minutes for natural release.

COOK IN CROCK POT: Place the frozen chicken in your slow cooker and cook on low for 6 to 8 hours (or high for 4-6 hours.)

COOK IN OVEN: Thaw chicken. Pour chicken and marinade into a baking dish, turn chicken to coat. Bake at 350 F for 35 minutes.

COOK ON STOVE TOP: Thaw and grill in a cast iron skillet on the stove, or outside on the barbecue grill, until no longer pink inside.

SERVE WITH: So delicious served over noodles finished with a bit of parsley flakes.