



## **Cheesy Chicken Bacon Ranch Bowls**

Macros: 583 Calories; 70g Protein; 34g Carbs; 20g Fat

### **Ingredients**

- Base Ingredients
  - 4.5 lbs chicken breast
  - 2 packs ranch seasoning
  - 1 cup beef broth
  - 16 oz chopped bell peppers
  
- Cheese Sauce
  - 300g Plain Greek Yogurt
  - 2 bags part skim mozzarella cheese
  - 1 cup Frank's Red Hot Sauce
  
- Other Ingredients
  - One box of protein pasta (I prefer Barilla)

### **Directions**

1. Place all "Base" ingredients in a slow cooker for 4 hours on high or eight hours on low.
2. With one hour left to cook
  - a. Shred the chicken
  - b. Blend all of the cheese sauce ingredients.
  - c. Boil pasta to al dente
3. Add the pasta to the chicken and cover with cheese sauce. Mix and distribute into 10 meal prep containers