**Chicken Hobo Pack**

RECIPE



**INGREDIENTS**

* 20 fully cooked grilled chicken fillets, frozen
* 2 cups BBQ sauce
* 10 cups rosemary potatoes
* 20 cups vegetable
* Phase & Chef Shake

**Note:** This is just an example of the type of hobo pack you can create. The Sweet-N-Sour Sauce along with fried rice or grains & kale would also make a great meal. Be creative!

**DIRECTIONS**

1. Tear off a large square of aluminum foil.
2. Place ½ cup rosemary potatoes in center of foil. Lay chicken on top of potatoes.
3. Place a small amount of BBQ sauce on chicken. Place 1 cup of vegetables around the edges of the chicken.
4. Season vegetables with Phase/Chef Shake mixture. Seal foil package securely and freeze.
5. When ready to heat and serve, preheat oven to 350 degrees. Bake for 20-25 minutes or until internal temperature reaches 165 degrees.

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| **Prep Time:** 20 minutes | **Cook Time:** 20-25 minutes | **Total Time:** 40-45 minutes | **Yield:** 20 servings |