

Chicken Corn Chowder with Sweet Potatoes

Total Cook Time: 40 minutes

Cook from Frozen

Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 1 1/2 cups (3 cups)* milk (dairy or almond)
- 2 cups (4 cups)* chicken broth
- Optional toppings and garnishes: Fresh parsley, extra salt and pepper, bacon, shredded cheese

Instant Pot Cooking Directions:

1. Locate the bag of Cornbread Mix and combine it with 1 1/2 cup (3 cups)* milk. Stir well and set aside.
2. Open meal and pop food into the pressure cooker pot. Add 2 cups (4 cups)* chicken broth
3. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 3 minutes.
4. When pressure cooking is complete, use a natural release for 10 minutes, then release any remaining pressure.
5. Select sauté and bring soup to a light simmer. Give the cornmeal/milk mixture (from step 1) an extra stir, then pour into the pot while whisking. Let the soup simmer until thick (about 3-5 minutes), stirring often.
6. Season to taste. Serve hot with desired toppings.

Slow Cooker Cooking Directions:

1. Place frozen meal into the slow cooker. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until potatoes are tender and soup is heated through. When there is about 1 hour left, add the cornbread mix and continue cooking. Continue with step 6.

Leftover Suggestions:

- Creamy Chicken & Rice Bake – Stir chowder into cooked rice, top with cheese or breadcrumbs, and bake until bubbly.

Notes:

- The sweet potatoes add a touch of natural sweetness that perfectly balances the soup's savory flavors.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 7g	9%	Total Carbohydrate 27g	10%
Saturated Fat 3g	15%	Dietary Fiber 3g	11%	
Trans Fat 0g		Total Sugars 6g		
Cholesterol 75mg	25%	Includes 0g Added Sugars	0%	
Sodium 840mg	37%	Protein 26g		
Vitamin D 0mcg 0% • Calcium 150mg 10% • Iron 1.4mg 8% • Potassium 480mg 10% Vitamin A 1470mcg 160% • Vitamin C 5mg 6%				

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CHICKEN, BROILERS OR FRYERS, BREAST, MEAT ONLY, COOKED, ROTISSERIE, ORIGINAL SEASONING, CORN, SWEET POTATO, ONION, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO [COLOR]), CORNMEAL, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), GARLIC, SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), SPICE, BAKING SODA

