

Hawaiian Haystacks

Total Cook Time: 1 hour 25 minutes
 Contains raw meat, cook thoroughly
 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 1/4 cup (2 1/2 cups)* chicken broth
- Optional toppings and garnishes: shredded cheese, tomato, pineapple, olives, peas, mandarin oranges, bell peppers, cashews, chow mien noodles, coconut

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1 1/4 cup (2 1/2 cups)* chicken broth. Make sure most of the rice is near the bottom of the pan and submerged in liquid.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 32 minutes.
3. When cooking is complete, use a natural release.
4. Remove chicken to a cutting board and shred or cut into bite sized pieces. Return chicken to the rice in the pot and stir.
5. To serve, spoon into a bowl and add desired toppings.

Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the chicken reaches an internal temperature of 165 degrees and the rice is tender. Continue with steps 4-5.

Leftover Suggestions:

- Scoop onto a tortilla and add pineapple, cheese, and bell peppers, then drizzle with a little ranch and roll up.

Notes:

- This meal may appear to have too much liquid when you first open the pot. Don't worry— simply shred the chicken and return it to the pot. Stir well, cover, and let it sit for 5 minutes to absorb the excess liquid.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	4 servings per container Serving size 1 cup (211g)	Total Fat 6g	8%	Total Carbohydrate 38g
Calories per serving 290	Saturated Fat 3g	15%	Dietary Fiber 2g	7%
	<i>Trans Fat</i> 0g		Total Sugars 1g	
	Cholesterol 55mg	18%	Includes 0g Added Sugars	0%
	Sodium 470mg	20%	Protein 21g	
	Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 1mg 6% • Potassium 150mg 4% Vitamin A 40mcg 4% • Vitamin C 1mg 2%			

* 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.

IMPORTANT!

FOOD SAFETY INSTRUCTIONS

Raw meat and poultry may contain bacteria that could cause illness if not handled or cooked safely. Follow these instructions to avoid illness.

WASH AND DRY HANDS	CLEAN UTENSILS AND SURFACES, AND THEN SANITIZE
KEEP UNCOOKED MEAT AND POULTRY SEPARATE	USE FOOD THERMOMETER

Minimum Internal Temperatures
 Beef, pork, veal, lamb: steaks, roasts & chops 145° F + 3-min rest time
 Turkey, chicken, duck: whole, pieces & ground 165° F
 Ground beef, pork, veal & lamb 160° F
 Fish 140° F

For More Information:
www.fsis.usda.gov/safe

INGREDIENTS: CHICKEN, COCONUT MILK (COCONUT MILK, WATER), BROWN RICE, ONION, GARLIC, SALT, SPICE, PAPRIKA