

Parmesan Chicken and Rice

Total Cook Time: 1 hour, 15 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 cups (2 1/2 cups)* chicken broth
- 1/4 cup heavy cream (optional)
- Optional toppings or garnishes: Roasted or steamed vegetables, fresh ground pepper

Instant Pot Cooking Directions:

1. Take out the bag with parmesan cheese set aside to thaw.
2. Open meal and pop food into the pressure cooker pot. Add 1 1/4 cups (2 1/2 cups)* of chicken broth. Make sure most of the rice is near the bottom of the pan and submerged in liquid.
3. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 32 minutes.
4. When cooking is complete, use a natural release.
5. Remove chicken and cut or shred into bite sized pieces. Return to rice.
6. Cut open the bag with the parmesan cheese and add to the rice and chicken. Stir well.
7. Optional: stir in 1/4 cup (1/2 cup)* heavy cream for extra creamy richness.
8. Serve hot with desired toppings and sides.

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 thoroughly cooked. Continue with steps 5-8.

Leftover Suggestions:

- Use this as a base for Hawaiian Haystacks and top with pineapple, mandarin oranges, peas, corn, tomatoes, wonton strips and other favorite toppings.

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*
	Total Fat 9g		12%	Total Carbohydrate 38g
Saturated Fat 4g		20%	Dietary Fiber 2g	7%
Trans Fat 0g			Total Sugars 0g	
Cholesterol 75mg		25%	Includes 0g Added Sugars	0%
Sodium 690mg		30%	Protein 25g	
Vitamin D 0.1mcg 0% • Calcium 120mg 8% • Iron 1.1mg 6% • Potassium 160mg 4% Vitamin A 150mcg 15% • Vitamin C 0mg 0%				

4 servings per container
Serving size 1 cup (151g)
Calories per serving **330**

* 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, BROWN RICE, PARMESAN (MILK, CHEESE CULTURES, SALT, ENZYMES), BUTTER (CREAM, SALT), GARLIC, SALT, SPICE, PAPRIKA, ONION

CONTAINS: MILK