

Salsa Chicken

Total Cook Time: 1 hour
 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):

- 2 ounces (4 ounces)* cream cheese
- 3/4 cup (1 1/2 cup)* canned black beans (optional)
- Optional toppings and garnishes: Guacamole, pico de gallo, sour cream, shredded cheese, cilantro

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/3 cup (1/3 cup)* of hot water.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 15 minutes.
3. When pressure cooking is complete, use a natural release.
4. Remove the chicken to a plate and shred. Set aside.
5. Add 2 ounces (4 ounces)* cream cheese and the optional 3/4 cup (1 1/2 cups)* black beans to the juices. Select sauté to melt the cheese and whisk until smooth. Add chicken back into the pot and stir until well coated.
6. Use the chicken for quesadillas, taquitos, hard shell tacos, soft taco wraps, taco salad, etc. Serve with your 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. Continue with steps 4-6.

Leftover Suggestions:

- Divide into single servings to make quick, easy meals for busy days.

Notes:

- This freezes beautifully after it's cooked. Save any leftovers for an easy, ready-to-go meal on another day.

Nutrition Facts

4 servings per container
Serving size
1/2 cup as packaged
(164g)

Calories per serving **140**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1.5g	2%	Total Carbohydrate 2g	1%
Saturated Fat 0g	0%	Dietary Fiber <1g	3%
Trans Fat 0g		Total Sugars 1g	
Cholesterol 95mg	32%	Includes 0g Added Sugars	0%
Sodium 540mg	23%	Protein 29g	

Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.8mg 4% • Potassium 30mg 0%

* 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, SALSA (CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), JALAPENO PEPPERS, DICED TOMATOES IN TOMATO JUICE, ONIONS, DISTILLED VINEGAR, SALT, DEHYDRATED ONIONS, GARLIC, NATURAL FLAVORING), LIME JUICE, SPICE, GARLIC, SALT, ONION

