

Print and cut out recipe label, then tape onto freezer bag

Burrito Bowls

Date:

Additional Ingredients:

- None

Freezer Meal *Prep*

Stove-Top:

1. Allow meal to thaw overnight in the fridge.
2. Add thawed contents of freezer bag to large skillet or pot.
3. Bring to a boil, cover and simmer for 10-15 minutes, stirring occasionally until turkey is cooked through.

Slow Cooker:

1. Empty the frozen contents of bag into a slow cooker.
2. Cook on low for 4-6 hours, or to an internal temperature of 165F.

Pressure Cooker:

1. Empty frozen contents of bag into a pressure cooker, add 1/4 cup liquid.
2. Turn the pressure to high and cook for 20 minutes, quick pressure release.

Additional Instructions:

1. Break up meat and mix.
2. Serve over a bed of lettuce, rice, and other desired burrito toppings such as cheese, diced tomatoes and avocado.