

Print and cut out recipe label, then tape onto freezer bag with clear shipping tape.

# Mexican Street Corn Chowder

**Date:**

## **Additional Ingredients:**

- 4 cups Water
- 1 cup Plain Non-Fat Greek Yogurt
- 1/2 cup Colby Jack Cheese OR Mexican Cheese Blend
- 3 tbsp Corn Starch mixed with 3 tbsp water

**Freezer Meal** *Prep*

## **Slow Cooker:**

- Empty the frozen contents of the bag into a slow cooker. Add 4 cups Water and cook on low for 3-4 hours.
- Shred chicken and return to pot. Add 1 cup Plain Non-Fat Greek Yogurt, 1/2 cup Colby Jack Cheese or Mexican Cheese Blend, and 3 tbsp Corn Starch mixed with 3 tbsp water.
- Replace the lid and cook for an additional 30 minutes.

## **Pressure Cooker:**

- Empty the frozen contents of the bag into a pressure cooker and add 4 cups Water. Turn the pressure to high and cook for 20 minutes, with quick pressure release.
- Shred chicken and return to pot. Add 1 cup Plain Non-Fat Greek Yogurt, 1/2 cup Colby Jack Cheese or Mexican Cheese Blend, and 3 tbsp Corn Starch mixed with 3 tbsp water.
- Switch to saute setting and stir until heated, and the cheese is melted, about 3-5 minutes.

## **Serving Suggestions:**

- Top with cotija cheese, cilantro, chili powder, fresh lime or Mexican crema.