

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

Tikka Masala Chicken

Date:

Additional Ingredients:

- None

Slow Cooker:

1. Empty the contents of bag into a slow cooker.
2. Cook on low for 4-5 hours, or to an internal temperature of 165F.

Pressure Cooker:

1. Empty 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.

Serving Suggestions:

1. Serve over rice with naan bread and a side of veggies.
2. *Optional: Can add 1/2 cup of half & half or 4 oz Low-Fat Cream Cheese for a rich creamy flavor. Can also add chopped spinach to meal prior to cooking for added veggies.

Freezer Meal *Prep*