

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

Cashew Chicken

Date:

Additional Ingredients:

- 1/2 cup Whole Unsalted Cashews
- 1 tbsp Corn Starch

Freezer Meal *Prep*

Slow Cooker:

- Empty the contents of the bag into a slow cooker.
- Cook on low for 4-6 hours or to an internal temperature of 160F.

Pressure Cooker:

- Empty the bag's contents into a pressure cooker and add 1/4 cup of liquid.
- Turn the pressure to high and cook for 20 minutes, with natural pressure release.

Additional Instructions:

- Shred chicken and return to pot.
- To thicken, mix 1 Tbsp. corn starch with 1 Tbsp. water together, and stir into sauce.
- Add cashews and stir.
- Allow the meal to cook or sit on a warm setting for an additional 15-20 minutes until the sauce has thickened.
- Serve over rice topped with green onions and sesame seeds. Serve with stir-fried peppers, broccoli, or a veggie mix