

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

Chicken Tikka Masala

Date:

Additional Ingredients:

- None

freezermealprep.pro

Slow Cooker:

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

Pressure Cooker:

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

Additional Instructions:

- Shred chicken and return to pot. Allow the meat to sit for a few minutes before serving.
- Top with fresh cilantro and serve over rice with naan bread and a side of veggies.
- *Note: You can add veggies such as carrots, diced potatoes, and broccoli to the pot and allow them to cook with the meal to easily
- add extra veggies to your meal.