

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

Chicken and Sausage Jambalaya

Date:

Additional Ingredients:

- 1 cup Water
- 2 tbsp Cornstarch mixed with 2 tbsp water
- 2 cups Hot Steamed Rice

freezermealprep.pro

Slow Cooker:

- Empty the frozen contents of the bag into a slow cooker.
- Add 1 cup Water and cook on low for 4-6 hours or to an internal temperature of 165F.

Pressure Cooker:

- Empty the frozen contents of the bag into a pressure cooker and add 1 cup Water.
- Turn the pressure to high and cook for 20 minutes with quick pressure release. **If chicken isn't cooked through after 20 minutes, shred and return to pressure cooker on saute setting.

Additional Instructions:

- Cook rice according to recipe directions.
- Shred chicken and return to pot.
- Add 2 tbsp Cornstarch slurry and mix well. Cook an additional 15-20 minutes in the slow cooker or 2-3 minutes in the pressure cooker on saute setting until thickened.
- Add 2 cups Hot Steamed Rice, mix well, and serve.

Serving Suggestions:

- Serve with cornbread, biscuits, roasted vegetables, or a fresh cucumber salad.