

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

Broccoli Cheddar Chicken

Date:

Additional Ingredients:

- 4 oz Low Fat Cream Cheese
- 1/2 cup Shredded Cheddar Cheese
- 10 oz Frozen Broccoli Florets

freezermealprep.pro

Slow Cooker:

- Empty the thawed contents of the bag into a slow cooker. Cook on low for 3-4 hours or to an internal temperature of 165F.

Pressure Cooker:

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

Additional Instructions:

- Shred chicken and return to liquid.
- Add 4 oz Greek or Low Fat Cream Cheese, 1/2 cup Shredded Cheddar Cheese and 10 oz Frozen Broccoli Florets and mix well. Cook an additional 20-30 minutes or until broccoli is cooked through and tender.

Serving Suggestions:

- Serve over a bed of rice, garnished with fresh thyme and a sprinkle of cheddar cheese, and pair with a soft dinner roll or crusty bread.