

Print and cut out recipe label, then tape onto freezer bag

# Burrito Bowls

**Date:**

**Additional Ingredients:**

- None

*freezermealprep.pro*

**Stove-Top:**

- Add thawed contents of freezer bag to large skillet or pot.
- Bring to a boil, cover and simmer for 10-15 minutes, stirring occasionally until turkey is cooked through.

**Slow Cooker:**

- Empty the thawed contents of bag into a slow cooker.
- Cook on low for 4-6 hours or on high for 3-4 hours until the internal temperature reaches 165F

**Pressure Cooker:**

- Empty frozen 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:**

- Break up meat and mix.
- Serve over a bed of lettuce, rice, and other desired burrito toppings such as cheese, diced tomatoes and avocado.