

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

Cajun Chicken

Date:

Additional Ingredients:

- 4 oz Greek or Low Fat Cream Cheese
- 2 tbsp Corn Starch mixed with 2 tbsp water

freezermealprep.pro

Slow Cooker:

- Empty thawed contents of the bag into the slow cooker and cook on low 3-4 hrs, or to an internal temperature of 165 F.
- Shred Chicken and return to pot.
- Add 4 oz cream cheese and corn starch mixture and stir until melted, allow to simmer 15-20 more minutes or until liquid has thickened up.

Pressure Cooker:

- Empty the frozen contents of the bag into a pressure cooker and add 1/4 cup of water.
- Set the cooker to high pressure and cook for 20 minutes. Once done, allow the pressure to release naturally.
- Switch to the sauté setting and stir in the cornstarch mixture and cream cheese. Cook for 2-3 minutes, stirring occasionally, until cheese is melted and sauce thickened.

Serving Suggestions:

- Serve over rice or noodles. Top with fresh tomatoes, parmesan and fresh parsley. For garnish.
- Serve with a Caesar salad, roasted broccoli, or some crusty bread.