

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

Cheesy Mexican Shells

Date:

Additional Ingredients:

- 4 oz Greek or Light Cream Cheese
- 1 cup Shredded Cheddar Cheese
- 8 oz Medium Shell Pasta

freezermealprep.pro

Slow Cooker:

- Empty the thawed contents of the 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 the frozen contents of the bag into a pressure cooker and add 1/4 cup water
- Turn the pressure to high and cook for 15 minutes with quick pressure release.

Skillet:

- Empty the thawed contents of the freezer bag into a large skillet or pot.
- Break up meat and bring to a boil over medium heat. Cover and simmer for 10-15 minutes, stirring occasionally until the turkey is cooked through.

Additional Instructions:

- Cook 8 oz Medium Shell Pasta according to package directions.
- Break up meat into small pieces.
- Add 4 oz Greek or Low Fat Cream Cheese and 1 cup Shredded Cheddar Cheese and stir until combined.
- Fold in cooked shell noodles until well coated.
- Serve topped with diced avocado, fresh diced tomatoes, and sour cream.