

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

Chicken Alfredo

Date:

Additional Ingredients:

- 8 oz Low-Fat Cream Cheese
- 10 oz Frozen Broccoli Florets, optional

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 liquid.
- Turn the pressure to high and cook for 20 minutes, with quick pressure release.

Additional Instructions:

- Shred chicken and return to liquid.
- Add 8 oz Low-Fat Cream Cheese and mix well.
- Add 10 oz Frozen Broccoli Florets, and cook an additional 20-30 minutes in the slow cooker until tender (or you can steam broccoli in microwave, then add to pot).
- Cook pasta according to package directions. Add to pot and stir until combined.

Serving Suggestions:

- Serve with fresh parsley and parmesan cheese.
- Can also be served over rice.