

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

# Chicken Parmesan

**Date:**

## **Additional Ingredients:**

- 3/4 cup Mozzarella Cheese

*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 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.

## **Oven:**

- Thaw the meal overnight in the fridge. Pull the meal out of the fridge and allow it to sit at room temperature for 15 minutes prior to baking.
- Preheat the oven to 350F.
- Empty the contents of the bag into a glass 9x13 pan. Bake for 30-45 minutes or to an internal temperature of 165.

## **Additional Instructions:**

- Stir sauce and top the chicken with 3/4 cup Mozzarella Cheese, allow cheese to melt before serving.
- 3/4 cup Mozzarella Cheese
- \*Optional: Can remove the chicken from sauce, top with the 3/4 cup mozzarella cheese, and broil or air fry for a crispy finish.
- Serve chicken and sauce over your favorite pasta with a side salad or other non-starchy vegetable.