

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

# Chicken Stew

**Date:**

## **Additional Ingredients:**

- 3 cups Chicken Broth
- 2/3 cup Frozen Peas
- 4 oz Low-Fat Cream Cheese
- 4 tbsp Corn Starch

*freezermealprep.pro*

## **Slow Cooker: \*Recommended Cooking Method**

- Empty the contents of the bag into a slow cooker. Add 3 cups Low-Sodium Chicken Broth.
- Cook on low for 5-6 hours or high for 3-4 hours until veggies are softened.
- Remove the bay leaf. Shred chicken and return to liquid.
- Add 4 oz Greek or Low Fat Cream Cheese, 2/3 cup Frozen Peas, and 4 tbsp Cornstarch slurry to the pot.
- Mix well, cover, and cook for an additional 30-60 minutes in the slow cooker until the soup is thickened.

## **Pressure Cooker:**

- Empty the frozen contents of the bag into a pressure cooker and add 3 cups Low-Sodium Chicken Broth.
- Turn the pressure to high and cook for 15 minutes, natural pressure release.
- Remove bay leaf. Shred chicken and return to liquid.
- Add 4 oz Greek or Low Fat Cream Cheese, 2/3 cup Frozen Peas, and 4 tbsp Cornstarch slurry to the pot and mix well.
- Switch to saute setting and cook for 4-5 minutes, stirring occasionally, until soup is thickened.

## **Serving Suggestions:**

- Serve with hearty bread, warm rolls, or a side salad.