

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

Chicken Tikka Masala

Date:

Additional Ingredients:

- None

freezermealprep.pro

Slow Cooker:

- Empty the thawed contents of the bag into a slow cooker.
- Cook on low for 4-5 hours, or to an internal temperature of 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, quick pressure release.

Additional Instructions:

- Shred chicken and return to pot. Allow the meal to sit for a few minutes before serving.
- Top with fresh cilantro and serve over rice with naan bread and a side of veggies.
- *Note: Want more veggies? Add some carrots, diced potatoes, and/or broccoli to the pot and let them cook with the meal.