

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

Creamy Chicken Penne

Date:

Additional Ingredients:

- 4 oz Greek or Low-Fat Cream Cheese
- 8 oz Penne Pasta

freezermealprep.pro

Stove Top:

- Empty the thawed contents of freezer bag into a large skillet or pot with 4 oz of cream cheese.
- Over medium heat, bring to boil and then simmer for 10-15 minutes, stirring occasionally until chicken is cooked through.

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, quick pressure release.

Additional Instructions:

- Cook Pasta according to package direction
- Shred chicken and return to pot.
- Add Low-Fat Cream Cheese and mix until well combined.
- Allow the meal to cook or sit on a warm setting for an additional 5-10 minutes so that the chicken and noodles can soak up some of the juices.
- Serve with a side of dark green salad.