

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

# Mexican Street Corn Chowder

Date:

## Additional Ingredients:

- 4 cups Water
- 1 cup Plain Non-Fat Greek Yogurt
- 1/2 cup Colby Jack Cheese OR Mexican Cheese Blend
- 3 tbsp Cornstarch mixed with 3 tbsp water

*freezermealprep.pro*

## Slow Cooker:

- Empty the thawed contents of the bag into a slow cooker.
- Add 4 cups of water and cook on low for 4-6 hours or 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 4 cups Water.
- Turn the pressure to high and cook for 20 minutes, with quick pressure release.

## Additional Instructions:

- Shred chicken and return to pot. If Jalapeño was thrown in whole, pull out and discard.
- **Add 1 cup Plain Non-Fat Greek Yogurt, 1/2 cup Colby Jack Cheese or Mexican Cheese Blend, and 3 tbsp Cornstarch, mixed with 3 tbsp water and mix well.**
- Replace the lid and cook for an additional 30 minutes in the slow cooker or about 3-5 minutes on saute setting in the pressure cooker (stirring occasionally).

## Serving Suggestions:

- Top with cotija cheese, cilantro, chili powder, fresh lime or Mexican crema.