

Print and cut out recipe label, then tape onto freezer bag

Roasted Red Pepper Chicken

Date:

Additional Ingredients:

- 1 1/2 cups Water
- 4 oz Low Fat Cream Cheese
- 2 tbsp Corn Starch mixed with 2 tbsp water

freezermealprep.pro

Slow Cooker:

- Empty the thawed contents of the bag into a slow cooker.
- Add 1 1/2 cups Water and 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 1/2 cups Water.
- Turn the pressure to high and cook for 20 minutes with quick pressure release.

Additional Instructions:

- Shred chicken and return to liquid.
- Add 4 oz Greek or Low Fat Cream Cheese and mix well.
- Add 2 tbsp Cornstarch mixed with 2 tbsp water, and cook for an additional 30 minutes in the slow cooker or 3-5 minutes in the pressure cooker on saute setting.

Serving Suggestions:

- Serve over your favorite noodle or rice and top with fresh parsley and parmesan cheese.
- Serve with a side of roasted broccoli, grilled zucchini, or a simple side salad.