

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

# Tex-Mex Chicken

**Date:**

**Additional Ingredients:**

- None

*freezermealprep.pro*

**Slow Cooker:**

- Empty the thawed contents of the bag into a slow cooker.
- Cook on low for 3-4 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 of liquid.
- Turn the pressure to high and cook for 15 minutes with quick pressure release. \*If the chicken isn't cooked through after 15 min, shred it and return to the pressure cooker on saute setting.

**Additional Instructions:**

- Shred chicken and return to liquid. Allow the meat to sit for a few minutes before serving.
- Serve over rice with sauted peppers, avocado, sour cream and other favorite toppings. OR can use as a filler in quesadillas, tacos, taco salads, or burritos.