

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

<h1>Eggroll In A Bowl</h1>	Slow Cooker: <ul style="list-style-type: none">• Empty the thawed contents of the bag into a slow cooker.• Cook on low for 4-6 hours or high for 3-4 hrs to an internal temperature of 165°F.
Date:	Pressure Cooker: <ul style="list-style-type: none">• 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 15 minutes, with natural pressure release.
Additional Ingredients: <ul style="list-style-type: none">• None	Additional Instructions: <ul style="list-style-type: none">• Break up chicken and stir into the sauce.• Serve over brown rice, lo mein, or ramen noodles with a side salad.
<i>freezermealprep.pro</i>	